

Youth Yellow Pages

The Youth Yellow Pages was created to provide the community with an easy-to-access source of information about services, resources and activities available to preteens, teens, young adults and families with preteens and teens. It includes facts that can help you make informed choices. Professionals in the community have reviewed the contents for accuracy.

Parents, guardians, teachers, counselors and spiritual leaders are your first source of help when you need understanding, information and guidance. If you still need help and aren't sure where to turn, the *Youth Yellow Pages* offers ideas for where to find people who can listen and advise. It also includes fun and interesting things to do in East Jefferson County, Washington.

The resources listed are primarily local nonprofit organizations that offer support, direct services and community-based programs appropriate for preteens, teens, young adults and families. Some private providers and regional agencies have also been included when local nonprofit options are limited. Please note that a listing in the Youth Yellow Pages does not imply support of the organization or program.

Every attempt has been made to be as inclusive and current as possible. However, some programs may have been inadvertently omitted. If you have more accurate information that should be included in future editions, please write to Editor, Youth Yellow Pages, Jefferson County Health & Human Services, 615 Sheridan, Port Townsend, WA, 98368. Include listing, phone number and brief description of service.

The 2001/2003 Youth Yellow Pages is a project undertaken by Jefferson County Health & Human Services. Special thanks to the following organizations for their support: Domestic Violence/Sexual Assault Program, Jefferson County Parks & Recreation, Jefferson AIDS Services, Gray Wolf Ranch, Kiwanis, Dependent Children & Family Services, United Good Neighbors and Washington State Tobacco Prevention & Control Program.

2001/2003 Jefferson County Youth Yellow Pages Staff

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Phonebooth Photo Maxwell Yakush © 1998

:: Indicates new section or listing

\$-Indicates World Wide Web hot links

Look for the Youth Yellow Pages at http://www.co.jefferson.wa.us/health/youthyellow



Emergency Numbers

Confidential emergency referrals are available for teens with problems such as alcohol and drug abuse, physical, emotional or sexual abuse, depression, emergency shelter needs, pregnancy, pregnancy prevention questions, and sexuality issues. Trained operators evaluate needs, then refer callers to local agencies, services, or information sources.

REMEMBER--YOU ARE NOT ALONE!

C	ris	sis	Н	otl	in	es
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Police, Fire, and Medical Emergencies	911
Teenline	1-800-562-1240
24 hour crisis line for teens; may answer as Alcohol/Drug Help Lii	ne—ask for
Teenline	
Trevor Helpline	1-800-850-8078
24 hour crisis line for gay/lesbian/bisexual/transgender youth	
Jefferson County Crisis Line360-385-0	321 or 1-800-659-0321
24 hour assistance, crisis and suicide intervention and other eme	rgencies; referrals
Children & Family Services	1330 or 1-800-726-5845
Report physical, emotional, sexual abuse or neglect.	
Domestic Violence/Sexual Assault 24-hour Crisis Line	360-385-5291
Domestic Violence South County Office	360-765-4300
Emergency shelter and help for victims of dating, family, or sex	
Poison Center	1-800-732-6985
Sex Information Line	1-888-307-9275
Washington State Domestic Violence Hotline	1-800-562-6025
Washington State Tobacco Quitline1-877-270-S	TOP or 1-877-270-7867
•	
Washington State Telecommunications Re	elav Service
Telebraille	

Emergency Contraception

Just had sex? Worried About Pregnancy? You have 3 DAYS to act.

Emergency Contraception is available at:

Jefferson County Health Department385-9400 or 1-800-831-2678 ext. 400
Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan, Port Townsend, next to QFC
Quilcene Health Department Clinic360-385-9400 or 1-800-831-2678
Wednesdays, 12:30-4:30 p.m.; Medical building next to the Quilcene Post Office
Emergency Contraception Hotline1-888-NOT-2-LATE or 1-888-668-2528
Directory lists clinics and pharmacies that dispense emergency contraception.
Take Charge Family Planning Hotline1-800-770-4334

Emergency Contraception is also available at pharmacies and other agencies. Call for cost and location.

Silverdale:		Sequim:	
Albertson's	360-692-8596	Frick's Drugs	360-683-9536
Fred Meyer	360-308-2333	Plaza Pharmacy	360-683-1122
Prescription Shoppe	360-692-6175	Port Angeles:	
Long's Drugstore	360-692-1470	Jim's Pharmacy	360-452-4200
Kingston:		Family Planning	360-452-2954
Albertson's	360-297-1811		

KEEP YOUR KIDS' AIR SMOKE-FREE

Protect Your Family from Secondhand Smoke

- Don't let anyone smoke in your house or car
- If you or others in your family smoke, go outside
- Make sure sitters and childcare workers don't smoke around your kids
- Avoid places where smoking is allowed. Eat at smoke-free restaurants



Rose Burt · Age 7· 1st grade · Mountain View OPEPO · Port Townsend WA
Tobacco Free Clympic Peninsula — Get Innol ved!!! Youth Art Project

You know It Ain't Easy

To Quit Tobacco

Call toll-free 1-877-270-STOP (7867)

Quitline.com.....www.quitline.com

WASHINGTON STATE TOBACCO QUITLINE

Kids who breathe secondhand smoke are more likely to have: Coughs and colds ● Breathing problems and asthma ● Allergies ●Ear Infections ●Bronchitis and pneumonia ●Lung cancer and heart disease later in life

If you or others in your family are ready to quit smoking talk with your healthcare provider. They can provide you with guidance and support.

This message brought to you courtesy of the Jefferson County Tobacco Prevention & Control Program 360.385.9446

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A Message To Parents & Caregivers

The only thing certain in our lives is change. Our children face many challenges that may seem unfamiliar or foreign to us as parents and caregivers. Caring and approachable adults can make a difference in the lives of our children and the choices they make. **So be "askable":**

An "askable" parent or caregiver:

- shows respect, value and love for children
- realizes that every difficult situation is not a crisis
- wants communication, but doesn't have all the answers
- · knows the most important part of communication is listening
- doesn't laugh when a child asks a question, even in reaction to the child's cuteness
- doesn't expect to be perfect, and knows that admitting mistakes is a valuable lesson for the child and the parent or caregiver
- is sometimes embarrassed by issues such as sexuality, but acknowledges the discomfort and explains it to the child

Children learn their values by constantly watching the people who care for them—by seeing what you do and how you act. Children begin learning about issues such as alcohol and drug use, sexuality and conflict resolution when they are very young and are sensitive to your silent messages.

Good communication helps you influence your child's behavior before a crisis happens. Continued failure to communicate can lead to crises such as alcohol and drug misuse and abuse, unintended pregnancy, sexually transmitted disease and high-risk behaviors. Included in sections of the Youth Yellow Pages are **Tips For Parents & Caregivers** that can help you build bridges with your children and help you be "askable".

A Message To Preteens, Teens & Young Adults

1998 legislation may have a profound impact on your life if you do not think first about the consequences of your behavior. **THINK BEFORE YOU ACT!!!**

Minor in Possession: As of June 11, 1998, the charge of Minor in Possession (MIP) of alcohol or marijuana is a gross misdemeanor instead of merely a misdemeanor. If you are charged with an MIP, you and your family can expect several visits to Juvenile Court. If you are convicted of a Minor in Possession for alcohol, marijuana, or other drugs, for your first offense, you can expect a full year of probation, community service and other court ordered conditions. For a first MIP offense, the Department of Licensing suspends your driver's license for a minimum of 1 year. Upon a second conviction, your license is suspended for 2 years.

- YOU MAY NEED TO DIAL THE (360) AREA CODE IF YOUR CALL DOES NOT GO THROUGH
- ALL "1-800", "1-877", AND "1-888" NUMBERS ARE TOLL FREE

Alcohol, Marijuana & Other Drugs

What's Up? Information for Adults Who Care About Teens :



The subject of drugs can be confusing for teens. Why is alcohol abuse glamorized in the media? Why is tobacco a legal drug, even though we know it is addictive and causes cancer? How harmful is marijuana? These are tough questions for adults as well as teens. Even experts disagree. The age at which a teenager uses, as well as how much and how often a teen drinks, determines whether there are any negative effects and how severe they are. For example,

while many teens try alcohol in high school, few end up with drinking problems. Teens who use alcohol or drugs heavily often have other issues in their lives which are problematic, such as family problems, poor school performance, poor connections to their neighborhoods, family members who are addicted, or a history of physical or sexual abuse. Here are some of the facts! Surprisingly, despite lots of media hype, most high school students make good decisions about their health behaviors.

According to the 2000 WA State Survey of Adolescent Health Behaviors:

- Three out of four (68%) high school seniors report not being heavy users of alcohol and six out of seven report (84%) report not being heavy users of marijuana.
- Nine out of ten (86%) report not using alcohol on a regular basis (at least 6 times in the last month); 84% report not using marijuana regularly, and 98% report not using cocaine or inhalants frequently (more than twice in the last month)
- Use is higher for males than females. Caucasians account for the largest number of substance abusing youth; however, heavy substance abuse is proportionately higher among Native American and Hispanic youth, in a middle range for Black and Caucasians, and lowest for Asian American youth.
- Washington students perceive a much lower danger of heavy alcohol, marijuana and
 cocaine use than do students nationwide, and have higher than average use of
 marijuana and cocaine. They have a higher rate of trying alcohol and cigarettes, but a
 lower than average rate of heavy usage.

High school students often imagine that their peers are using a lot. You can see from the facts—students who use, and especially students who are heavy users, are in the minority. No teenager needs to feel pressure to use so that they can fit in. Most teenagers make healthy choices. Everybody is not doing it.

Youth who are regular substance users are much more likely to engage in other behaviors which are dangerous to themselves or others

- One in five (21%) regular users reports having attempted suicide in the last year, four times the rate for non-heavy users (5.1%).
- One in three regular users carried a weapon (32%) or was in a physical fight (33%) in the last month; more than a quarter (27%) were arrested in the last year.
- Almost half (48%) of male regular users and a quarter (29%) of females say they attacked someone in the past year.
- Alcohol is involved in about 35% of adolescent driver fatalities and about 40% of all adolescent drownings.

What You Can Do

Talking to teens about drugs can be uncomfortable for adults. But if you don't talk to them about it, someone else will. Teens will be told many inaccurate things about drugs, from "everybody is doing it" to "it can't hurt you; I've been doing it for years and nothing has ever happened to me". Here are some tips adapted from information provided by the Partnership for a Drug-Free America and the Drug Skills Prevention Center:

- Communicate. Listen carefully, and discuss any problems they are having with drugs and alcohol.
- **Involve yourself.** Participate in church, school and parent groups; communicate with the parents of your teen's friends.
- Love your children unconditionally. Let teens know you value them, even in times of trouble.
- **Devote time.** Help with homework, reading, sports or just talking.
- **Model healthy choices.** Kids respect what you do even more than what you say. Model responsible decision-making and healthy choices.
- Encourage. Help teens to act independently and not to succumb to peer pressure.
 Encourage them to fulfill their hopes, dreams and goals.
- Teach and practice refusal skills. Role-play how to say no and remind kids what your
 values are about alcohol and drug use.
- Provide opportunities to practice independent decision-making.
- Provide accurate information. Give teens consistent, appropriate information about specific drugs.
- Establish clear family rules on drugs. Teach children to follow rules. Consistently enforce the rules you set.

Can we protect teens?

These factors can protect teens from getting involved in substance abuse:

- Provide lots of love, support and encouragement. Help a child learn a skill well.
- Establish and enforce rules against underage drinking and other drug use.
- Model low risk alcohol use and ask others in your community to do so as well.
- Discuss alcohol and tobacco advertising and marketing with youth.
- Talk to kids about your expectations regarding the use of alcohol and other drugs.
- · Get involved in your child's education.
- Support proposed public policy changes likely to make your community a safer, healthier and more positively challenging environment.

Alcohol, Marijuana & Other Drug Hot Links (\$)

Washington St. Alcohol/Drug Prevention Clearinghouse: www.adhl.org/clearinghouse Al-Anon and Al-a-teen: www.al-anon.org

Partnership for a Drug-Free America: www.drugfreeamerica.org

National Institute on Drug Abuse: www.nida.nih.gov/infofax/infofaxindex.html
National Institutes of Health: www.nlm.nih.gov/medlineplus/alcoholandyouth.html

Myths & Facts

MYTH: Teens are too young to be alcoholics or addicts.

<u>Fact</u>: Regardless of their age, 1 out of 10 people who drink alcohol or use other drugs are/or become chemically dependent.

Fact: Three out of 4 teens know someone who has an alcohol or other drug problem.

Fact: About 1 out of 3 teens has a family member with an alcohol or other drug problem.

Fact: Alcohol, tobacco and other drug addictions can be treated.

MYTH: Using alcohol, tobacco and other drugs doesn't really hurt you or anyone else.

<u>Fact</u>: Abusing alcohol and other drugs is dangerous. Drinking alcohol, binge drinking, overdosing or using impure or unknown drugs can lead to:

physical illness

- · accidents that can seriously hurt you and other people
- problems with family, work, school, or friends
- · trouble with the law
- inability to get or keep some jobs if you have been convicted for illegal use of alcohol or drugs
- physical and mental problems for your baby, if you are pregnant
- even death---for the abuser or for an innocent victim

Fact: Using alcohol before you are 21 is illegal.

<u>Fact</u>: Using drugs that are "controlled substances" (such as marijuana, cocaine, crack, methamphetamines) without a doctor's prescription is illegal for people of any age.

There is hope and help for young people whose lives are being hurt by alcohol and other addictive drugs. If you are worrying about your own alcohol or drug use or the use of someone you care about, **YOU ARE NOT ALONE!**

GET HELP WHEN YOU OR SOMEONE YOU CARE ABOUT

- drinks or does drugs to relax, or when angry or having problems
- gulps drinks, forgets things because of drug or alcohol use, or lies about use
- finds that grades or work habits are beginning to slip
- gets in trouble because of drinking or doing drugs
- · drinks or does drugs in the morning, before school, or at school
- · tries to stop using and fails
- · drinks to get drunk.

If any of these behaviors are happening, ask for HELP! There are people who used to be where you are now, who care and who can help you. Recovery is not about bad people getting good . . . it is about good people getting well. To ask for help for yourself or someone you care about talk to a family member, trusted adult (such as a family friend, teacher or counselor), or other friend so you do not feel isolated. REMEMBER-YOU ARE NOT ALONE! You may also call one of the following phone numbers:

Prevention Information & Education: Alcohol, Tobacco & Other Drugs

Jefferson County Substance Abuse Prevention Program

......360-379-4476 or 1-800-831-2678 ext. 476

Free literature and lending library materials, technical assistance

Alcohol/Drug 24-hour Helpline1-800-562-1240

Confidential, statewide treatment referral service

Washington State Alcohol/Drug Prevention Clearinghouse......1-800-662-9111

Intervention, Treatment & Aftercare

Although many children will experiment with alcohol, tobacco and other drugs, parents and caregivers need to know the distinctions between experimental use, misuse, substance abuse and chemical dependency.

- Experimental use is typically short-lived and the youth usually does not intend to get high.
- Misuse is when the youth uses the drug to get high, but doesn't experience negative
 consequences from his use
- Substance abuse has negative consequences including loss of control, trouble at home, with school, with peers or the law. When a youth chooses to use despite the negative consequences in her life, she becomes a drug abuser.
- Chemical dependency occurs when a youth has a physical dependency on a drug. He
 or she has to, literally, be drugged or high in order to feel normal

Tips for Parents & Caregivers

One important question asked by parents is "How can I tell if my child is using drugs?" It is difficult to separate typical adolescent behavior from drug-induced behavior, but the parent should consider any of the following behaviors as suspect:

Behavioral Symptoms



- Personality Changes: Energetic and outgoing becomes depressed and uncommunicative
- **Defensiveness**: Blaming others for troubles or claiming to be victimized or persecuted
- Overly emotional: Inappropriately happy, depressed or hostile
- Overly self-centered: Always has to have their own way and will do anything to have it
- Tendency to Manipulate: Makes excuses for failure; finds ways to have other people handle their problems and bear the consequences of their actions or behavior
- Strained Communication: Unwillingness or inability to discuss important issues or concerns
- Withdrawal from Family Activities: Refusing to eat family meals, participate in family activities, celebrations or holidays
- Change in Dress and Friends: Spends time with friends who refuse to meet or talk with parents
- Lack of Self Discipline: Inability to follow rules, complete household chores or school assignments, keep commitments or appointments
- Apathy: Little or no interest in meaningful activities such as clubs, hobbies, sports or other school or outside activities
- School Problems: Excessive tardiness, absences, drop in grades, suspensions or expulsions, failure to turn in assignments and take tests
- Anxious Behavior: Chronically jittery, jerky or uneven movements, fearfulness, compulsiveness, talkativeness

Physical Symptoms

- Change in appearance
- Fatigue

-12-

- Bloodshot eyes
- Constantly dilated pupils
- · Frequent colds, sore throat, coughing
- . Chronically inflamed nostrils, runny nose
- Consistent run-down condition
- Sudden gain or loss of weight



CONFIDENTIAL INFORMATION AND SERVICES ARE AVAILABLE

Student Assistance Programs

Port Townsend School District	. 360-379-4520
Chimacum School District	. 360-732-4481
Quilcene School District	. 360-765-3363

Certified Counseling and Treatment Programs

Recovery House for youth and adult males	000 000 0000
Jamestown S'Klallam Counseling Center, Sequim	360-683-1109
Treatment focus is Native American	
Jefferson Community Recovery Center	360-385-7867

Grav Wolf Ranch

Safe Harbor Recovery Center	360-385-3866
Lakeside Recovery Center, Silverdale	360-692-4158
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Company and Information	
Support and Information	
Alano Club	360-385-7098
Daily 12 step meetings, friendship	
Alcoholics Anonymous	360-385-0266
Recovering alcoholics meet regularly to help each other stay clean and le	earn to live
without alcohol. Meetings offer support for adults and teens	
9 11	360-385-1870
Support groups for teens and affected others who have alcoholic or addic	
members	nea ranning
	260 205 0266
Narcotics Anonymous	
Recovering addicts meet regularly to help each other stay clean and lear	
without drugs, including alcohol. Groups offer support for adults and teen	s
Alcohol/Drug 24-hour Helpline1-6	800-562-1240

Also see Tobacco Section

Birth Control

Confidential, statewide treatment referral service

If you decide to be sexually active, <u>know</u> about birth control. **Parental consent** is **NOT needed to access birth control methods**. Remember:

- Up to 80% of women who have sex without using birth control get pregnant within a year.
- Abstinence (not having sex) is the only form of birth control that is 100% effective.

It is important to learn about birth control from a reliable source, such as your parents, legal guardians, or one of the agencies listed below. If you do become pregnant, they can also tell you more about your options, which include:

- continuing the pregnancy and parenting your child
- continuing the pregnancy and giving the baby up for adoption, or
- ending the pregnancy with a legal abortion

Before deciding what to do, consulting with your parents, legal guardians, ministers and others is recommended. If you think you are pregnant but aren't sure, get a pregnancy test as soon as you can. It is important for your health to see a healthcare provider or go to a clinic right away.

CONFIDENTIAL INFORMATION AND SERVICES ARE AVAILABLE

PARENTAL CONSENT IS <u>NOT</u> NEEDED TO ACCESS BIRTH CONTROL METHODS

Emergency Contraception	
0 , , , , , , , , , , , , , , , , , , ,	nt pregnancy if taken within 72 hours after
unprotected sex	
First Steps	360-379-4300
Medical coverage for pregnant women	
Jamestown S'Klallam Tribe	
Family planning, prenatal services, wome	n's health care.
Jefferson County Health Department	360-385-9400 or 1-800-831-2678 ext. 400
Monday - Friday, 9:00 a.m. to 4:30 p.m., 6	615 Sheridan, Port Townsend, next to QFC

Quilcene Health Dept. Clinic360-3 Wednesday 12:30-4:30 p.m Confidential emerge	
testing and counseling for sexually transmitted dis information and referral.	
Sex Information Line	1-888-307-9275
South County Medical Clinic, Quilcene Family practice, children and adults	360-765-3111
Also see Emergency Contraception and Take Charge	Sections

Child Care



Caring Hands Day Care Center, Port Townsend	360-385-6509
For infants through children up to 7 years old	
Kite Strings Child Care Center, Port Hadlock	360-379-6323
For infants through children up to 7 years old	
Parent Line	1-800-300-1247
Information on licensed child care options in Jefferson County	

Clubs & Hangouts

Boiler Room	360-379-8247
More than just a coffee house. All ages welcome. 1025 Lawrence, Port	Townsend.
Boy Scouts of America, Mt. Olympus District	360-379-5267
Campfire Boys & Girls, Port Angeles, Juan De Fuca Council	360-457-8442
Girl Scouts, Totem Council	1-800-767-6828
Skateboard ParkMonroe St. & Washington St., downtown	Port Townsena
Hadlock Teen Center	360-379-8840
81 Chimacum Rd., Port Hadlock, pool, foosball, ping-pong, basketball,	& more
4-H Youth Development360-37	9-5610 ext. 207
Partnership of youth, families and communities	

Conflict Resolution

Tip for Parents & Caregivers

Practice these skills at home to help your children develop skills to resolve conflict with family members, friends and peers.



"Peace Table" Model (as used in the Chimacum School District):

If you are having a problem with someone, tell them you would like to talk with them about the problem. Agree on a time and private place to do this. Agree you will talk one at a time without interruptions, and follow these steps:

- 1. Look the person in the eye.
- **5.** Give the person a turn to talk.
- **2.** Tell the person what the problem is.
- **6.** Together, come up with 3 possible solutions.
- 3. Tell the person how you feel.
- 7. Decide to try one of the solutions.
- **4.** Tell the person what you want.
- **8.** Meet later to see how the solution is working.

If you find yourself in a situation that involves conflict, try some of the following to help contain the situation.

Self Control

- Trigger identify what triggered the problem
- Signals know your own signs of losing control
- Stop! take a deep breath
- · Tell yourself to calm down
- Ask yourself, "What is going on? Am I in control?"
- Relax use "chillers" if necessary
- Tell yourself to solve the problem in a healthy manner



Chillers: Additional ways to help you relax or gain control of yourself.

- · Take additional deep breaths
- Do push-ups (or imagine doing push-ups)
- Lift weights
- Leave and... stand outside... walk around the block... listen to music... talk to a friend...

Information Referrals and Support

Port Townsend Police Department	360-385-2322
Jefferson County Sheriff's Department	
Peninsula Dispute Resolution Center	
Mediation training conflict resolution prevention intervention education	

Also check with your school guidance counselor.

Counseling & Mental Health Services



Everyone needs somebody to talk to. The "teen" years are often a time of confusing and conflicting feelings. **Remember--you are not alone!**Family members, friends, school counselors, teachers and people in the ministry can be good listeners and can offer emotional support when you are troubled. School counselors can provide you with names and phone numbers of counselors with specialty areas. For hearing and speech

impaired, Washington Relay Service is available at 1-800-833-6360 ext. 385.

If you do not feel that you can talk to the people in your life about the things you are thinking and feeling, the following places can help. Private practice counselors are listed in the phone book yellow pages. Some private practice counselors offer services on a sliding scale. Call and make an interview appointment.

Quick Response

Emergency or Crime	911
Jefferson County Crisis Line	
24 hour assistance, crisis and suicide inter	rvention and other emergencies; referrals
Children & Family Services	360-379-4330 or 1-800-726-5845
Tell the operator you are in Jefferson Coul abuse or neglect	

General Counseling & Referrals

Boys/Girls Groups	ask your school counselor
Jamestown S'Klallam Counseling Center, Sequim	
Treatment focus is Native American	
Jefferson Mental Health	360-385-0321 or 1-800-659-0321

Juvenile & Family Services360-385-9190 or 1-800-83 Staff trained to work with youth and parents in crisis, in trouble or in ne	
Adopted Children	
Jefferson County Adoptive Families Group	360-385-5335
Jenerson County Adoptive Families Group	500-505-5555
Anger Management	
Safe Harbor Recovery Center.	360-385-3866
Men's, women's and youth groups available	
Attention Deficit Disorder, Learning Disabilities	
CHADD, Children & Adults with Attention Deficit Disorder	360-697-3922
Information and help. Monthly meetings in Kitsap County	
Learning Disabilities Association of Washington	1-800-536-2343
Also see Alcohol, Marijuana and Other Drugs; Eating Disorders; Sexual Orie Sections.	entation
Dating Violence	
See Domestic Violence, Dating Violence & Relationship Abuse; Rape, Sexu Sections.	al Assault
Disabilities & Special Needs Counseling, respite care, support groups, training and	
transportation are available for families with developmentally delayed and special needs children.	AN
Also see "Recreation, Leisure & Sports Programs" for other activities.	
Dental Services	
Easter Seals Society, Washington State	1-800-678-5708
Referrals for people with disabilities.	
Learning Disabilities	
CHADD, Children & Adults with Attention Deficit Disorder	360-697-3922
Information and help, monthly meetings in Kitsap County	
Learning Disabilities Association of Washington	1-800-536-2343
Referrals and Support	
ARC Bremerton	360-377-3473
Sibling support group, recreation, classes and other help	000 070 4000
Child Care Resource & Referral Service Teen and young adult support	360-379-4300
Children with Special Health Care Needs360-385-9400 or 1-800-83	
For children birth to 17 years and their families. Family resource coord	ination,
assessing child and family needs, developmental screening, assistance financial and support services.	e identitying
Community Access	
Supports people with developmental disabilities promoting access to co	

DSHS-Division of Developmental Disabilities, Jefferson County
Easter Seals Society Washington State
Jefferson County Health & Human Services Developmental Disabilities360-385-9410 or 1-800-831-2678 ext. 410
Contracts and oversees adult day programs services and birth-to-three services
Northwest Kiwanis Camp for Children with Special Needs 360-385-1327
Parent Line (day care)1-800-300-1247
Information on licensed child care options in Jefferson County
P.A.V.E., Parents Are Vital in Education1-800-5-PARENT
Empowers parents and students to become more effective advocates in education
S.A.F.E., Schools Are For Everyone, Seattle
Supports inclusive education for all students regardless of their disability
Skookum Educational Services
Provides employment and life skills support for people with physical, mental or learning disabilities
Schools
Special Services screen, assess and serve children with delays in areas of cognitive skills, social and emotional skills, fine and gross motor skills, speech and language skills, and hearing and vision development. Call the following if you have questions or suspect
ricaring and violon development. Oan the following it you have questions of suspect

Domestic Violence, Dating Violence & Relationship Abuse

 Brinnon Schools
 360-796-4646

 Chimacum Schools
 360-732-4285

 Port Townsend Schools
 360-379-4503

 Quilcene Schools
 360-765-3363



developmental delays in your child:

Violence and abuse are when the use of force or intimidation causes physical injury or emotional damage. Examples include hitting, threats and intimidation, controlling behavior, unwanted sexual contact, abusive language, isolation, humiliation and destruction of physical property.

Teen dating violence, like adult domestic abuse, is about power and a need to control. There are early warning signs that are common in people who are or who may become abusers. Are you living with, dating or having a relationship with someone who:

- Is jealous? Won't let you have friends? Checks up on you? Won't accept breaking up?
- Tries to control you by giving orders and making all the decisions?
- Is scary or threatening? Makes you worry about his/her reactions to what you say or do?
- Is violent? Fights, loses temper quickly or brags about mistreating others?
- Pressures or manipulates you for sex? Thinks you are a sex object?
- Abuses drugs or alcohol and pressures you to use them?
- Blames you when they mistreat you? Says you made them do it or led them on?
- Believes that they should be in control and that you should be submissive and passive?
- Causes your family and friends to be concerned or worried about your safety?

Myths & Facts

MYTH: It can't happen to me.

<u>Fact</u>: More than 1 in 10 teens experience physical violence in their dating relationships.

NO ONE DESERVES TO BE A VICTIM OF VIOLENCE. If you or someone you know is abused, hurt or in danger, get away to a safe place and call a friend, relative, or one of the numbers below. If you are concerned about yourself or someone you care about, contact the following agencies for help. REMEMBER – YOU ARE NOT ALONE.

CONFIDENTIAL INFORMATION AND SERVICES ARE AVAILABLE PARENTAL CONSENT IS NOT NEEDED TO ACCESS SERVICES

24 hour information and referral hotline for victims of domestic violence

Also see Rape, Sexual Assault & Sexual Abuse Section

Driver & Auto Licensing

Tips for Youth

Minor in Possession: As of June 11, 1998, the charge of Minor in Possession (MIP) of alcohol or marijuana is a gross misdemeanor instead of merely a misdemeanor. If you are charged with an MIP, you and your family can expect several visits to Juvenile Court. If you are convicted of a Minor in Possession for alcohol, marijuana, or other drugs, for your first offense, you can expect a full year of probation, community service and other court ordered conditions. For a first MIP offense, the Department of Licensing suspends your driver's license for a minimum of 1 year with the opportunity for early reinstatement after 90 days if you have complied with all aspects of your sentence. Upon a second conviction, your license is suspended for 2 years, with possible reinstatement after 1 year with the approval of your probation officer.

Vehicle Licensing, Port Townsend	. 360-385-9115
Jefferson County Auditor's Office	
Washington State Drivers' Licensing Examining Office, Port Townsend	. 360-385-0378
Driver's Testing Appointments	. 360-379-5053

Washington's Intermediate License Law

The full requirements of Washington's Intermediate License include:

Step 1: Before being issued an Intermediate License a teen must:

Hold an instruction permit for at least 6 months

- Get at least 50 hours of supervised driving practice including 10 hours at night
- · Pass a traffic safety education course.
- Not have any traffic violations within 6 months of applying for the license, and
- Not have any alcohol or drug offense while holding an instruction permit.

Step 2: Once the Intermediate License is issued:

- For the first 6 months, drive with no passengers under the age of 20 unless they are members of the immediate family.
- For the remaining period, drive with no more than 3 passengers under the age of 20.
- Do not drive between 1:00 a.m. and 5:00 a.m. unless with a licensed driver age 25 or older. Driving for agricultural purposes is an exception to the late night hours driving restriction.

Step 3: After one year of driving without collisions or traffic citations:

- Allowed to drive without limitation as to the time of day or the age and number of passengers
- At age 18 the Intermediate Driver License automatically becomes a regular license

And, beginning with step 2 and until age 18:

- If a driver commits a driving violation, or violation of license restrictions, the driver is sent a warning letter by the Department of Licensing.
- If two driving violations are committed a letter suspending the driver for 6 months (or until age 18, whichever is shorter) is sent to the driver.
- For a third driving violation the driver is suspended until age 18.
- The driver's parents also receive a copy of any warning or suspension letter sent to the driver.

After a year of driving safely without a driving violation, offense or collision, the driving restrictions expire and will not be re-imposed. However, the driver can still receive the intermediate license warning letter and license suspension penalties until age 18.

For more on this topic go to: http://www.wa.gov/dol/drivers/intermed.htm

Eating Disorders 🎊

What Are Eating Disorders?

Eating disorders cause serious emotional and physical problems and can have lifethreatening consequences for people. People with eating disorders may display extreme emotions, attitudes, and behaviors about weight and food issues.

ANOREXIA is self-starvation and excessive weight loss.

Signs include:

- Intense fear of weight gain or being "fat"
- Feeling "fat" or overweight despite dramatic weight loss
- · Loss of menstrual periods
- Extreme concern with body weight and shape
- Refusal to maintain normal body weight

BULIMIA is eating large amounts of food in short periods of time, then getting rid of the food through vomiting, laxative abuse, or over-exercising. Bulimia is often done is secret. *Signs include:*

- Repeated bingeing and purging
- Feeling out of control during a binge and eating beyond comfort
- Purging after a binge, (by vomiting, abuse of laxatives and diet pills, excessive exercise, or fasting)

- Frequent dieting
- · Extreme concern with body weight and shape

BINGE EATING DISORDER (also known as COMPULSIVE OVEREATING) is uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. *Signs include:*

- · Sporadic fasts or repetitive diets
- Feelings of shame or self-hatred after a binge
- · Anxiety, depression, and loneliness
- Changes in body weight—from normal to underweight, moderate to severe obesity

OTHER EATING DISORDERS can include a mixture of signs of anorexia, bulimia, and/or binge eating disorder. These behaviors may not be considered an eating disorder, but they can be dangerous. All eating disorders require professional help.

What Causes an Eating Disorder?

Eating disorders are complex. People with eating disorders often use food to deal with feelings and emotions. Dieting, bingeing, and purging begin as a way to cope with painful emotions and to feel in control. Ultimately eating disorders can damage one's physical and emotional health, and self-esteem.

Factors that can contribute to Eating Disorders:

- · Low self-esteem
- · Feeling inadequate
- · Loss of control in life
- · Depression, anxiety, anger, or loneliness
- Troubled family and personal relationships
- Difficulty expressing emotions and feelings
- History of being teased or ridiculed based on size or weight
- · History of physical or sexual abuse
- Cultures that glorify "thinness"
- Narrow definitions of beauty
- · Cultures that value physical appearance—not inner qualities and strengths
- Possible chemical imbalance

Eating disorders stem from many causes. They can create a cycle of physical and emotional damage. All eating disorders require professional help.

How To Help A Friend

If you are reading this, chances are you are concerned about someone you care about. This list may not tell you everything you need to know about what to do in your specific situation, but it will give you some helpful general ideas on what to do to help your friend.

- Learn as much as you can about eating disorders. Read books, articles, and brochures.
- Know the differences between facts and myths about weight, nutrition, and exercise.
- Be honest. Talk openly and honestly about your concerns with your friend. Avoiding it or ignoring it won't help!
- Be caring, but be firm. Avoid making "rules" or promises. For example, "I promise not to tell anyone." or, "If you do this one more time I'll never talk to you again." Caring about your friend does not mean being manipulated by them.
- Tell someone. Don't wait until your friend's life is in danger. Consider telling their parents, a teacher, a doctor, a counselor, a nutritionist, or any trusted adult. Your friend needs as much support and understanding as possible from the people in their life.

Remember: You cannot force someone to seek help, change habits, or adjust attitudes. You will make important progress in honestly sharing your concerns, providing support, and knowing where to go for more information! People

struggling with anorexia, bulimia, or binge eating disorder do need professional help. There is help available, and there is hope!

Adapted from Eating Disorders Awareness and Prevention, Inc. (EDAP): www.edap.org

Local Resources

Jefferson Mental Health	.360-385-0321 or 1-800-659-0321
Low income individuals and families are given priorit	y for services; referrals provided.
Lutheran Social Services	1-800-378-5771

Call to locate a convenient meeting.	
Private practice counselors are listed in the phone book yellow pages. Some on a sliding scale. Call and make an interview appointment.	offer services
Eating Disorders Hot Links (\$)	
Eating Disorders Awareness and Prevention, Inc. (EDAP): www.edap.org Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED): www.anr Eating Disorders Fact Sheet: www.4woman.gov/owh/pub/factsheets/eating	ed.com
Education & Schools	
<u>Schools</u>	
	Ī
Brinnon School District	-
Administration & School District Office	360-796-4646
Chimacum School District	
Administration & School District Office	360-385-3922
Chimacum Creek Primary School (K-2)	360-344-3270
Chimacum Elementary School (3-5)	360-732-4471
Chimacum Middle School (6-8)	360-732-4219
Chimacum High School (9-12)	360-732-4481
Special Services	
Substance Abuse Counselor	
Transportation	360-732-4040
Quilcene School District	
Administration & School District Office	360-765-3363
Port Townsend School District	
Administration & School District Office	260 270 4502
Grant Street Elementary (K - 3)	
Mountain View Elementary (4 - 5)	
Blue Heron Middle (6 - 8)	
Port Townsend High School (9 - 12)	
Special Services	
The following programs can help you stay in school or get a diploma outside of high school setting.	of the regular
Alternative School Programs	
Also see Mentoring, Tutoring, Recreation & Leisure Activities Sections	
Running Start Information available through school guidance Earn college credit while attending high school	e counselors.
Chimacum School District	
ΡΙ (π)	360-732-4685
K-12 program with parent/guardian component; can leave message afte	

TOPS (Take Off Pounds Sensibly)1-800-932-8677

Port Townsend School District

Mar Vista (9 - 12)	360-379-4500 ext. 4516
ICE: Individually Contracted Education	
MISO: Middle School Options	
OPEPO (1 - 6)	

Scholarships

Check with your school guidance counselor or local library.

Vocational Education

Peninsula College

Port Townsend Branch	. 360-385-4605
Port Angeles Main Campus	. 360-452-9277
Vocational Programs and career counseling	

Other Sources of Education

<u> </u>	
Peninsula College, Port Townsend Branch	. 360-385-4605
Port Angeles Main Campus	. 360-452-9277
General Education Diploma assistance at no charge; college classes to high school graduation requirements	help complete
SISIUTL Center for Learning	. 360-379-1223
English as a Second Language (ESL)	. 360-385-4605
Offered locally through Peninsula College	
Olympic College, Bremerton	. 360-478-7100
WSU Community Learning Center360-379	9-5610 ext. 212

6	

Emergency Contraception

JUST HAD SEX? WORRIED ABOUT PREGNANCY? YOU HAVE 3 DAYS TO ACT

Emergency contraceptive pills can help prevent pregnancy

if taken within three days after unprotected sex. Contact your health care provider, the local health department, the Emergency Contraception Hotline or check with your local pharmacist.

CONFIDENTIAL INFORMATION AND SERVICES

PARENTAL CONSENT IS <u>NOT</u> NEEDED TO ACCESS EMERGENCY CONTRACEPTION

Jefferson County Health Department.......360-385-9400 or 1-800-831-2678 ext. 400
Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan, Port Townsend, next to QFC.
Confidential information and services available

Medicaid covers Emergency Contraception. Your health insurance may cover Emergency Contraception. Emergency Contraception is available at pharmacies and other agencies. Call for location and cost.

Silverdale:		Sequim:	
Albertson's	360-692-8596	Frick's Drugs	360-683-9536
Fred Meyer	360-308-2333	Plaza Pharmacy	360-683-1122
Prescription Shoppe	360-692-6175	Port Angeles:	
Long's Drugstore	360-692-1470	Jim's Pharmacy	360-452-4200
Kingston:		Family Planning	360-452-2954
Albertson's	360-297-1811		

Emergency Preparedness 1/15

The Nisqually Earthquake on February 28, 2001, caught the attention of Jefferson County residents. Other potential area disasters include fires, flooding, wind and severe winter storms. Being prepared for disasters is wise. Experts tell us to plan to be on our own for a minimum of 72 hours.



We can't stop disasters from happening but we can limit the impact on us and those we love. Each family can survive better by creating a family disaster plan. **Communication is the most important concept in developing a family disaster plan.**

Four Steps to Disaster Planning

- 1. Find Out What Disasters Can Happen To You.
 - ✓ Know what kinds of disasters are most likely to happen in your area
 - ✓ Learn about your community's warning signals: what they sound like and what you should do when you hear them.
 - √ Prepare for animal care after a disaster
 - ✓ Find out how to help elderly or disabled persons, if needed
 - ✓ Find out about the disaster plan at your workplace, your children's school or childcare
 center and other places your family frequents.
- Create a Disaster Plan—Meet with your family and discuss why you need to prepare for disaster. Plan to share responsibilities and work together as a team.
 - ✓ Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
 - ✓ Discuss what to do in an evacuation. Plan to take care of your pets.
 - ✓ Ask an out-of-area friend or relative to be your "family contact"—long distance phone
 service can be easier to access than local phone service during a disaster
 - ✓ Pick two places to meet:
 - Right outside your home in case of fire.
 - Outside your neighborhood in case you can't return home. Make sure everyone knows the address and phone number.

3. Put Your Plan Into Action

- ✓ Post emergency numbers by the phone
- ✓ Teach children how to dial 911 for emergency help
- ✓ Show family members how and when to shut off water/gas/electricity main switches
- ✓ Check for adequate insurance coverage
- ✓ Install smoke detectors on each level of your home, especially near bedrooms.
- ✓ Stock emergency supplies and a disaster supplies kit.
- ✓ Take a first aid and CPR class
- ✓ Determine the best escape routes from your home. Find two ways out of each room.
- ✓ Find safe spots in your home for each type of disaster.

4. Practice and Maintain Your Plan

- ✓ Review your plans every 6 months so everyone remembers what to do.
- ✓ Conduct fire and emergency evacuation drills.
- ✓ Test and recharge your fire extinguishers according to manufacture's instructions
- ✓ Test your smoke detectors monthly. Change the batteries every 6 months.
- ✓ Replace stored water every 3 months and food every 6 months

Emergency Preparededness Considerations:

- Inform a trusted neighbor of where everyone sleeps in your house in case of fires.
- Teach small children their address and phone number in case they become lost during an evacuation.
- Work with neighbors to develop a neighborhood emergency plan.
- Carry emergency supplies in all of your vehicles.
- Carry spare clothes for all family members in every vehicle.
- Be prepared for children being distressed after an emergency.
- Try to keep your planning efforts in perspective. If someone close to
 you becomes obsessed with disasters it may be time to talk to someone about it.

Disaster Supplies Kit

In case of a disaster or evacuation, every family should have a disaster kit assembled. The kit should be located where it can be grabbed quickly as you are leaving the house. Keep

the items in an easy to carry container such as a large plastic container, backpack or duffle bag. Keep a smaller version of disaster supplies in the trunk of your car.

Essential kit items include:

- ✓ Water (1 gallon per person per day)
- ✓ Food (ready-to-eat, non-perishable such as canned/dried fruit, dried soups, canned milk, hard candy, juices, hard candy, chocolate, trail mix, etc.)
- ✓ Non-prescription drugs (aspirin/non-aspirin pain reliever, laxative, eye-wash, etc.)
- ✓ First Aid Kit (sterile adhesive and triangular bandages, scissors, needle, antiseptic spray, latex gloves, tweezers, safety razor, soap, moistened towelettes, safety pins, etc.)
- √ Tools and supplies (eating utensils, battery operated radio, flashlight, extra batteries, can opener, duct tape, matches, whistle, gloves, etc.)
- ✓ Sanitation (toilet paper, feminine supplies, garbage bags, soap, liquid detergent, personal hygiene items, disinfectant, etc.)
- Clothing/Bedding (1 complete change of clothing and footwear for everyone, blankets, rain gear, hats, gloves, etc.)
- ✓ Special items (remember family members with special needs—baby formula, diapers, bottles, medications, contact lens supplies)
- ✓ Important family documents (copies of will, insurance policies, deeds, stocks, bonds, bank account numbers, household inventory, social security card, family records)

Quick Response

Emergencies	911
American Red Cross	360-385-2737

Resources

Emergency Preparedness Hot Links (\$)

Center for Workplace & Community Safety Training . www.safetycenter.org/index.htm Earthquake Hazards Program.......www.earthquake.usgs.gov Federal Emergency Management Agencywww.fema.gov

Employment

You need some official papers before you start working, including a **Social Security card** (Social Security Administration—1-800-772-1213) and **photo identification** (Department of Licensing in Port Townsend; 360-385-0378).

Finding a Job

People you know are usually your best source of help. Tell everybody you are looking for work and ask for suggestions. Employers like applicants who are enthusiastic and willing to learn. Your school's Guidance Counseling and Career Center can help you locate resources including information about: vocations, careers, Running Start, Tech Prep classes, tutoring, scholarships, military careers, colleges, Job Corps, SAT testing, career pathways, portfolios (career, vocational and scholarship). You can also get information about occupations and how to find the right job from colleges such as Peninsula College and Washington State University (WSU), Jefferson County.

Food Worker Classes

Jefferson County Health Department 615 Sheridan, Port Townsend Wednesdays 4:00 to 5:30

Tri Area Community Center (Classroom) 10 West Valley Road, Chimacum 4th Thursday of each month 3:00 to 4:30

- Pre-register by calling 360-385-9444 or email envhealth@co.jefferson.wa.us
- Arrive 15 minutes early. Your reservation will not be held beyond that time.
- Drop-in's register 15 minutes ahead of class time. No guarantee of an opening.
- Cards are good for 2 years (3 years if renewing prior to 14 days after expires).
- Read Food and Beverage Worker's Manual prior to class.
- Translator and reading help can be provided; call 360-379-4496 to arrange
- Bring Picture ID, old Food Worker Card, and \$8 exact change

Guidance Counseling and Career Centers

Chimacum School District	360-732-4090 ext. 264
Port Townsend School District	360-379-4523
Quilcene School District	360-765-3363
Peninsula College, Port Townsend Branch	360-385-4605
Port Angeles Main Campus	360-452-9277
WSU Community Learning Center, Jefferson County	360-379-5610 ext. 212

Training and Placement Agencies

vocational goals.

Boiler Room Jobs Program	360-379-8247
Employment for youth 16 to 21	
Employment Security Department Job Service Center	360-379-5036
Assists youth in finding job opportunities	
Job Corps	1-800-863-5627
Job listing and testing for youth 16 and older who have dropped out of	school or want
another start. Participants live in a residential setting and work towards	s educational or

Northwest Services Council	. 360-379-5042
Job referrals and skills training for juniors, seniors and out-of-school yo	uth ages 16-21
Kitsap Peninsula Vocational Skills Center, Bremerton	. 360-478-5083
Northwest Services Council	. 360-379-5042
Olympic College Career and Job Center, Bremerton	. 360-478-4702
Olympic Community Action Program360-385-2571 or 1	-800-464-2571
Community Jobs, Welfare to Work, TANF	

Community Cobs, Wenare to Work, 17th	
Peninsula College, Port Townsend Branch	360-385-4605
Port Angeles Main Campus	
Skookum	

Vocational training, career counseling; provides employment and life skills support for people with physical, mental or learning disabilities

Employment Contractors & Agencies

Check the yellow pages in the phone book.

Family Planning

See Birth Control, Emergency Contraception, Health Services, Parenting and Pregnancy Sections

Financial, Medical & Other Assistance

Medical coverage for low & middle income children and families Community Service Office, DSHS
Fire & Safety
American Red Cross
Bicycle Helmet Safety Program, Bremerton
To purchase helmets at low cost
Fire & Life Safety Programs, Brinnon
The Departments
Food & Clothing Foodbanks
General Information
Locations and Times:
Port Townsend Community Center, Corner of Lawrence & Tyler, Uptown Port Townsend, Wednesday, 12:00 - 3:00
Tri-Area Community Center 10 West Valley Road, Chimacum, across from Chimacum School, Wednesday, 12:00 - 3:00
Quilcene Community Center, Hwy. 101 in Quilcene, Wednesday, 1:00 - 4:00
Brinnon Booster Club, 151 Corey Lane, Tuesday, 10:00 - 1:00
Diffillion Booster Glub, 101 Coley Lane, Tuesday, 10.00 - 1.00
Other Resources
Celebrate Life Center
assistance for families with children
Emergency Food
Free Store
Tuesday & Thursday, 10:00 a.m 3:00 p.m., 1505 Franklin, Port Townsend. Clothing,
bedding, appliances, housewares, miscellaneous Sunday Soup Kitchen at the Boiler Room
Sunday, 3:00 - 4:00, 1025 Lawrence Street, Port Townsend
Food Worker Classes

Jefferson County Health Department

Tri Area Community Center (Classroom)

615 Sheridan, Port Townsend Wednesdays 4:00 to 5:30

10 West Valley Road, Chimacum 4th Thursday of each month 3:00 to 4:30

- Pre-register by calling 360-385-9444 or email envhealth@co.jefferson.wa.us
- Arrive 15 minutes early. Your reservation will not be held beyond that time.
- Drop-in's register 15 minutes ahead of class time. No guarantee of an opening.
- Cards are good for 2 years (3 years if renewing prior to 14 days after expires).
- Read Food and Beverage Worker's Manual prior to class.
- Translator and reading help can be provided; call 360-379-4496 to arrange
- Bring Picture ID, old Food Worker Card, and \$8 exact change

Gun Safety at Home 🂢

Every day, 14 American children under the age of 20 are killed and many more are wounded by guns.

The risk of domestic homicide is 3 times greater if there's a gun in the home.

The risk of suicide is 5 times greater if there's a gun in the home.

According to the Harvard School of Public Health, close to half of American households have guns. The American Medical Association reported that 53% of gun owners surveyed did not keep their guns locked up. An accessible loaded gun in the house puts families at great risk of gun-related accidents and violence. A gun kept in the home for self-protection is 43 times more likely to kill family members and friends than intruders.

The best way to prevent tragedy is to have no guns in the home, but if a gun is present, keep it unloaded and locked away from your children's reach. Ammunition should be locked in a separate place with the key in an adult's possession. The following safety measures are vital to your family's health and safety.

Gun Safety Tips for Parents

Parents who own a gun:

- · Unload it and lock it up
- · Lock and store ammunition separately
- Hide keys where children can't find them

All Parents:

- Ask if guns are safely stored at places your children visit or play.
- Teach young children not to touch guns, and to tell an adult if they find one
- Teach your children and teens alternative ways to solve arguments and fights without guns or other weapons.
- Ensure that your teens do not have access to guns in your home. Depressed teens use guns more than any other method to commit suicide.

Gun Safety Classes

Jefferson County Sheriff's Dept.	360-385-3831
National Rifle Association Gun Safety Courses	
Classes emphasize handgun safety and responsibility	
Washington Fish & Wildlife Hunter Education	. 360-732-4003
Classes emphasize gun safety and responsibility, hunter education, and	d conservation



What is Harassment

Harassment is a kind of discrimination. It means that someone is treated differently. It is behavior or words that:

- Are directed at a person because of his or her sex, sexual orientation or perceived sexual orientation, race, religion, or physical or mental ability
- · Are uninvited, unwanted, and unwelcome
- · Cause a person to feel uncomfortable or offended
- May be repeated or may be very offensive on a one-time basis

Harassment can occur between kids, from parents to kids, from kids to teachers and from teachers to kids. Harassment can occur at the bus stop, on the bus, on the playground, in the classroom, before school, during school and after school. It is important to listen to our children and take threats seriously. Harassment makes learning settings unsafe for all.

Anti-gay Harassment

Anti-gay harassment is based on a person's sexual orientation or perceived sexual orientation. Anti-gay harassment includes gestures, name-calling ("fag, dyke, sissy, lezzie"), bullying and intimidation, threats and physical violence.

Why does it matter?

It is a matter of safety:

- In one study, 45% of gay men and 20% of lesbians surveyed reported being victims of verbal and physical assaults in middle and high schools.
- 1 in 5 high school health teachers surveyed said that students in their classes often used abusive language when describing homosexuals.
- Youth who are targets of anti-gay harassment are more likely to miss school, abuse alcohol and other drugs, experience depression and attempt or complete suicide.

Sexual Harassment

Sexual harassment is illegal in schools and in workplaces because it violates federal and state laws. But it is also hurtful and harmful to its targets, sometimes in long-lasting ways. Targets often suffer in silence—but they <u>do</u> suffer and may:

- Dread—or even avoid—going to school or to a class or sport in which they expect harassment
- Find it hard to pay attention in school or to study
- Experience loss of self-confidence or self-esteem

Stopping Anti-Gay or Sexual Harassment

First-Stop the Behavior

- Cut it out!
- · Keep your hands to yourself!
- Stop it right now!

Second-Know that you deserve safety and respect

- · Your response should be treated with respect
- Keep notes of the harassment if it continues
- · Write down places, statements and behaviors

Tell a trusted adult such as a teacher, school counselor, principal, your parents

 If a person's behavior makes you feel uncomfortable— YOU HAVE THE RIGHT TO SAY NO!

- Tell the harasser that his or her actions or advances are unwelcome and you want them to stop.
- Don't feel forced to submit just because a person in is a stronger position of power.
- · Your response should be treated with respect.
- Keep notes of the harassment if it continues.
- . Write down places, statements and behaviors

The bottom line is ...

Your child deserves a safe education no matter what his or her race, religion, sex, sexual orientation, language of origin, or physical or mental abilities. You can help your school become a safe learning environment for all. All school districts have Title IX Officers who are trained to deal with harassment at school.



Resources

Brinnon School District Office	360-796-4646
Chimacum Creek Primary School (K-2)	360-344-3270
Chimacum Elementary School (3-5)	360-732-4471
Chimacum Middle School (6-8)	360-732-4219
Chimacum High School (9-12)	360-732-4481
Quilcene School District	360-765-3363
Grant Street Elementary (K - 3)	360-379-4535
Mountain View Elementary (4 - 5)	360-379-4530
Blue Heron Middle (6 - 8)	360-379-4540
Port Townsend High School (9 - 12)	360-379-4520

24-hour lines

Gay, Lesbian, Bisexual, Transgender, Questioning Information Line 1-800-425-0192 24-hour recorded information for GLBTQ youth— support groups, learning and recreation opportunities (skating parties, scholarships), community involvement

Health Services

Quick Response

Emergencies	911
Emergency Contraception	360-385-9400 or 1-800-831-2678 ext. 400
Emergency contraception can help pr	event pregnancy if taken within 72 hours after
	ealth Dept., Monday - Friday, 9:00 a.m. to 4:30
n m · 615 Sheridan Port Townsend n	

Healthy Kids NowFree or Low-cost Health Insurance for Washington's Kids	
lefferson General Hospital360-385-2200	or 1-800-244-891
Clinics & Medical Referrals	
Community Service Office, DSHS	360-379-430
Financial information, medical cards, food stamps	
lealthcare Access360-385-257	1 or 1-800-464-257
Prescriptions, referrals, limited financial assistance	
lefferson County Health Department360-385-9400 or 1-80 Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan, Port Towns Confidential information and services available. Family planning, e contraception, birth control, immunizations, maternity support, con information, HIV/AIDS and STD testing and counseling, vasectomy referral.	send, next to QFC. mergency nmunicable disease
Quilcene Health Dept. Clinic360-385-9400 or 1-80 Wednesdays 12:30-4:30 p.m Confidential emergency contracepti testing and counseling for sexually transmitted diseases, pregnand information and referral, and other services.	ion, birth control;

Jefferson County M.A.S.H. Tuesdays, 7:00 pm-9:00 pm. Medical care, informatic Hall basement, 209 Monroe St., Port Townsend.	
South County Medical Clinic, Quilcene	
Family practice, children and adults	
<u>Dental Services</u>	
Healthcare Access	360-385-2571 or 1-800-464-2571
Prescriptions, referrals, limited financial assistance	
Easter Seals Society Washington State	1-800-678-5708
<u>Immunizations</u>	
Jefferson County Health Department360-385- Clinic times: Monday & Friday mornings, Tuesday, W	
Also call your local health care provider.	
Nutrition	
Community Service Office, DSHS	360-379-4300
Jefferson County Health Department360-385- Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sherida Women, Infants and Children (WIC) Food/Nutrition Printer information and support, health information	n, Port Townsend, next to QFC rograms, breast feeding
Olympic Community Action Program Emergency Food	360-385-2571 or 1-800-464-2571 360-385-2571 or 1-800-464-2571
See Food & Clothing Section for food bank times and loca	tions

Hepatitis 💢

What is Hepatitis?

Hepatitis is a serious liver disease. Hepatitis is caused by viruses that infect the liver. There are several types of hepatitis viruses. Hepatitis A, B, & C are the more common types of viruses.

- Hepatitis A is caused by exposure to contaminated food or feces.
- Hepatitis B is caused by exposure to blood and body fluids of a person who already has the virus
- Hepatitis C is caused through passing the hepatitis C virus through blood.

How to Prevent Hepatitis

- Hepatitis A can be prevented by washing hands frequently with soap and water.
- Hepatitis B can be prevented through a immunization series of 3 vaccines. Children are required to complete their Hepatitis B immunizations before they enter Kindergarten.
- Hepatitis C can be prevented through not sharing any personal care articles including toothbrushes, razors, nail clippers, needles, syringes, earrings or other piercing jewelry.

Resources

Jefferson County Health Department.......360-385-9400 or 1-800-831-2678 ext. 400 Monday - Friday, 9:00 a.m. to 4:30 p.m.; 615 Sheridan, Port Townsend, next to QFC.

Confidential information and services. Hepatitis A, B, & C screening for people at risk, Hepatitis A and B immunizations.

Also check with your healthcare provider.

HIV/AIDS



AIDS (autoimmune disease syndrome) is a life-threatening illness caused by the human immune virus (HIV). It is transmitted through the exchange of blood, semen, vaginal fluids and breast milk, usually through sexual activity or sharing needles (including using the same needle for ear piercing and tattooing). People can be infected with the HIV virus and not feel sick. However, they can still give others the disease.

THERE IS NO CURE -- HOWEVER, AIDS CAN BE PREVENTED.

If you choose to be sexually active, use a latex or polyurethane condom or barrier every time you and your partner(s) have sex. Barriers help to protect both partners from the spread of infection. *However, barriers are <u>not</u> 100% effective*. See your health care provider or visit a clinic to learn more about keeping yourself safe.

CONFIDENTIAL INFORMATION AND SERVICES ARE AVAILABLE.

PARENTAL CONSENT IS <u>NOT</u> NEEDED TO GET AN HIV TEST OR TO RECEIVE CONDOMS AND OTHER BARRIERS.

There are EFFECTIVE ways to PREVENT HIV infection.

- Always use a latex or polyurethane condom or barrier (dental dam, gloves) when engaging in sexual activity to reduce your risk for infections.
- Never share needles and "works" that been used by someone else to pierce the skin.

FREE CONDOMS are available in Port Townsend at:

Jefferson County Health Department	615 Sheridan (next to QFC)
The Food Coop	414 Kearney St.
Aldrich's	940 Lawrence (Uptown)
The Boiler Room	1025 Lawrence (Uptown)
Domestic Violence/Sexual Assault Office	Uptown (call 360-385-5291)

FREE CONDOMS are available in Port Hadlock at:

FREE CONDOMS are available in Quilcene at:

YOU WON'T GET THE HIV VIRUS BY

- living with someone with AIDS
- going to school with someone with AIDS
- · exchanging clothes with someone with AIDS
- sharing food, combs or makeup
- · kissing or holding hands
- insect bites



HIV Counseling & Testing

Testing is done at the local health department for individuals at high risk. Individuals at high risk include:

- Men who have sex with men
- Injection drug users
- · Sexual partners of an HIV+ person
- Sex industry workers
- Persons with multiple sex partners
- Anyone who uses methamphetamine or crack cocaine

Prescreening and information is available by phone. Testing is done by appointment only. Results are given in person. Counseling is available for everyone regardless of risk factors. The Health Department will provide information on HIV testing and counseling locations.

In-Home HIV Test Kits

The <u>Home Access Test Kit</u> is FDA approved and considered to be 99.9% accurate. Home testing is done confidentially. Test kits are available for purchase at pharmacies and through the Internet. Call 1-800-448-8378 forinformation on purchasing the <u>Home Access</u> Test Kit.

If you think you might be infected, consult your parents, legal guardians, doctor or clinic right away. Information, counseling, testing and support services are available and confidential.

HIV/AIDS Services

Peninsula Syringe Exchange

Get rid of those dull, dirty rigs!!! Exchange Services:

- You get new syringes—we keep the used
- Safer injecting education/supplies
- Secondary exchange
- · Healthcare referrals
- . HIV counseling & testing
- Hepatitis screening & referral
- . No names asked-All services confidential

Port Townsend/Jefferson County Syringe Exchange Location Mondays: 10:00 am—12:00 noon Thursdays: 3:00—4:30 nm

Thursdays: 3:00—4:30 pm Or call to arrange a time

Jefferson County Health Dept.—Ask for Kellie

615 Sheridan Info: 360-385-9446

Port Angeles/Clallam County Syringe Exchange

Call for times & location: 360-417-2412

Resources



Support for women living with AIDS	
Lifelong AIDS Alliance	.1-206-860-6303
Formerly Northwest AIDS Foundation & Chicken Soup Brigade	
Washington State AIDS Hotline	.1-800-272-2437
-	

Housing

Habitat for Humanity	360-385-0484
Hostel at Fort Flagler State Park (Marrowstone Island	d)360-385-1288
Hostel at Fort Worden State Park (Port Townsend)	
Housing Authority of Jefferson County	
Subsidized housing for people 18 and older	
Olympic Community Action Program	360-385-2571 or 1-800-464-2571
Emergency shelter transitional housing housing pre	eservation/weatherization services

Juvenile & Family Court Services

Juvenile & Family Court, a division of the Jefferson County Superior Court, provides services to youth and their families in many different areas.

Information & Support

Specific Areas of Service

<u>At-Risk Youth</u>: Supports parents who are experiencing difficulties with their children such as runaway behavior, drugs and alcohol issues and other family problems

<u>Children in Need of Services</u>: Helps youth who are unable to reside with their families and need the assistance of the court to gain necessary assistance for themselves

<u>Urinalysis Testing</u>: Testing for presence of drugs and alcohol

Offender Services: Probation services for juvenile offenders court-ordered to probation

<u>Diversion Program</u>: For youth who are in trouble with the law for the first time

 $\underline{\textit{Truancy}}\!\!:$ Includes monitoring of truancy court orders in conjunction with all county school districts

<u>Guardian Ad Litem</u>: Special advocates for children involved in dependency matters through Dependent Children & Family Services (DCFS)

Work Crew: A community service program for juvenile offenders and adult jail inmates

<u>Proctor Home and other alternative detention services</u>: An alternative to standard detention

Law Enforcement

Emergencies	911
Non-emergencies: If you can not locate your local poli	
911 and tell the operator that it is not an emergency ca	Il and ask to be connected to the
business office.	
Crimestoppers	1-800-274-6313
To report information on a crime or a wanted pers	son
Jefferson County Sheriff, Business Office	360-385-3831 or 1-800-552-0750
Crime Prevention Unit; Search & Rescue	
Port Townsend Police, Business Office	360-385-2322

Legal Assistance

Columbia Legal Services	.1-800-542-0794
Domestic Violence/Sexual Assault 24-hour Crisis Line	360-385-5291
Domestic Violence South County Office	360-765-4300
Victims of dating, family or sexual violence in need of protective order	
assistance, emergency shelter and other help; confidential information	
Juvenile & Family Services360-385-9190 or 1-800-8	31-2678 ext. 190
Staff trained to work with youth and parents in crisis, in trouble or in no	eed
Northwest Justice Project	. 1-888-201-1014
Jefferson County Public Defender	360-385-5613
Volunteer Lawyer Program	360-379-0278

Library Services

Jefferson County Library	360-385-6544
http://www.jcl.lib.wa.us/	
Port Townsend Library	360-385-3181
Washington Talking Book & Braille Library	1-800-542-0866
For blind, visually impaired, deaf, physically handicapped and le	earning disabled

Quilcene and Brinnon can access library services at the school libraries through the CLAN system. These subscription databases offer full text searching of 1,000's of magazines and newspapers on a broad range of art, business, health and cultural topics. You will need to enter your library barcode to use these resources from outside the library.

Mentoring



Mentors are caring adults and teens who can provide friendship, support and guidance. Your school counselor can help you find a mentor, or you can call one of the following organizations.

can call one of the following organizations.	
Boiler Room 3	360-379-8247
More than just a coffee house. All ages welcome. 1025 Lawrence, Port To	ownsend
Chimacum High School Mentoring Programs 3	360-732-4481
Ask for a counselor. Links students to local vocational or business experie	ences. High
School students mentor middle & elementary students	•
Girl Scouts, Totem Council1-8	300-767-6828
Jefferson County Literacy Council	360-385-2715

To become a tutor or to receive services.	
Port Townsend School District Mentorship Program	360-379-4500 ext. 0166
Links juniors with business or vocational opportunities	
Washington Mutual Savings Bank	1-800-756-8000
1-on-1 tutoring referrals	

Minor in Possession

Minor in Possession: As of June 11, 1998, the charge of Minor in Possession (MIP) of alcohol or marijuana is a gross misdemeanor instead of merely a misdemeanor. If you are charged with an MIP, you and your family can expect several visits to Juvenile Court. If you are convicted of a Minor in Possession for alcohol or marijuana, for your first offense, you can expect a full year of probation, community service and other court ordered conditions. For a first MIP offense, the Department of Licensing suspends your driver's license for a minimum of 1 year, with the possibility of early reinstatement after 90 days if you comply with all terms of your sentence. Upon a second conviction, your license is suspended for 2 years, with a possible reinstatement after 1 year with the approval of your probation officer.

ALSO, the charge of FURNISHING LIQUOR TO MINORS is a gross misdemeanor. If you are 18 years of age and convicted of this charge, you face a maximum penalty of 365 days in jail.

Parenting

Parenting Education and Support

Parenting is the most important and difficult job you will ever have.

Raising a child takes more than love. A child needs adequate food, housing, clothing and constant attention to assure that other basic physical and emotional needs are met. If you decide you are ready to accept this responsibility, you will also need to know how to raise caring, capable, self-confident children. Family members can teach us many of the important things we need to know as parents. Parenting classes and support groups can help too, since no one person has all the answers. You can share your own ideas with others and get lots of tips and tools that will help make your job easier.

Classes, groups and resources include: Wednesday, 1:30-3:00, Jefferson County Health Dept., 615 Sheridan, next to QFC. Open to women who have, are, or intend to breast-feed Headstart/ECEAP360-385-2571 or 1-800-464-2571 Pre-school for children in low income families Jefferson County Health Department......360-385-9400 or 1-800-831-2678 ext. 400 Parenting support, classes, and referrals for infants, children and teens. Parenting classes

Parent/caregiver resource collection available through CLAN system

Parenting support and classes for parents of adolescents, sliding scale fees available

Post-Partum Depression ("Baby Blues")

Jefferson County Health Department......360-385-9400 or 1-800-831-2678 ext. 400 Monday - Friday, 9:00 a.m. to 4:30 p.m.

Grants provide a variety of parenting support for families with school-age children. Services are usually free of charge.

Child Care Referrals

Information on licensed child care options in Jefferson County

Community Service Office, DSHS	360-379-4300
Assistance and services to help income-eligible teen parents stay in sch	ool

Child Support & Financial Assistance

Peer Pressure



Peer Pressure

It can be hard to resist pressure from others to drink alcohol, use drugs, engage in sexual activity, join gangs and do other things that could be harmful to you and others. Before you decide, **think about the consequences of your actions**.

Tips for Parents & Caregivers

Help your children develop refusal skills that can help them stay out of trouble. Many schools have Natural Helpers, peer mediation and other peer groups, which offer support and help. Also check out the information and resources offered in the sections of the Youth Yellow Pages that relate to the things your children are feeling pressured about.

Refusal Skills

Avoiding Trouble

- 1. Ask questions to decide if you are in a situation that may lead to trouble.
- Say NO Name the trouble or crime; for example "That's stealing" or "That's vandalism."
- 3. Name the consequences—"If I get caught, my parents won't trust me."
- 4. Suggest an alternative—"Let's do something else instead."
- 5. Leave the scene—Even if your friends won't.

For additional help dealing with peer pressure contact your school counselor or the following program:

Peer-In360-385-9417 or 1-800-831-2678 ext. 417

A peer education project open to all high school students that examines issues of importance to teens and serves as a resource to others.

Pregnancy

The facts (and other things you need to think about):

ABSTINENCE (not having sex) IS THE ONLY 100% EFFECTIVE WAY TO PREVENT PREGNANCY.



Before you decide to be sexually active, THINK ABOUT THE CONSEQUENCES. An unplanned pregnancy will affect you, your relationship with your partner, your family and your child. A decision to engage in sexual activity can affect your emotional and physical health (for instance, you could get a sexually transmitted disease or AIDS). Whether to be sexually active or not is an important choice to discuss with your parents, legal guardians or minister. You can also get good information from the agencies listed below. Confidential information and services are available.

Emergency Contraception

- Jefferson County Health Department.......360-385-9400 or 1-800-831-2678 ext. 400
 Monday Friday, 9:00 a.m. to 4:30 p.m., 615 Sheridan, Port Townsend, next to QFC.
 Confidential information and services
- Quilcene Health Dept. Clinic360-385-9400 or 1-800-831-2678 ext. 400

 Wednesdays 12:30-4:30 p.m.; Confidential emergency contraception, birth control;
 testing and counseling for sexually transmitted diseases, pregnancy, and other
 services.

Birth Control, Pregnancy Testing & Prenatal Health Care

If you decide to be
Up to 80% of wwithin a year
Abstinence is the

If you decide to be sexually active, **know** about birth control. Remember:

- Up to 80% of women who have sex without using birth control get pregnant within a year
- Abstinence is the only 100% effective form of birth control

It is important to learn about birth control from a reliable source, such as your parents, legal guardians, or one of the agencies listed below. If you do

become pregnant, they can also tell you more about your options, which include:

- continuing the pregnancy and parenting your child
- continuing the pregnancy and giving the baby up for adoption
- ending the pregnancy with a legal abortion

Before deciding what to do, consulting with your parents, legal guardians, ministers and others is recommended. If you think you are pregnant but aren't sure, get a pregnancy test as soon as you can. It's important for your health to see a doctor or go to a clinic right away.

PARENTAL CONSENT IS <u>NOT</u> NEEDED TO ACCESS BIRTH CONTROL METHODS OR PREGNANCY TESTING.

Emergency Contraception360-385-9400 or 1-800-831-2678 ext. 400

Emergency contraception can help prevent pregnancy if taken within 72 hours after unprotected sex. Confidential information and services

	in 15 Sheridan, Port Townsend, next to QFC. ergency contraception, family planning, birth roes, healthcare360-385-9400 or 1-800-831-2678 ext. 400 of the emergency contraception, birth control;
services.	
First Steps	call collect, 360-379-4300
Medical coverage for pregnant women	
South County Medical Clinic, Quilcene	
Family practice, children and adults Jamestown S'Klallam Tribe, Sequim	260 682 4400
Family planning, prenatal services, women	
Planned Parenthood	1.800.230.7526
Family planning, birth control, abortions (ii	the first three months of pregnancy)
Vasectomy Information and Referral	
•	
Adoption	
Children & Family Services, DSHS	360-379-4330 or call 1-800-726-5845
Ciliaren & Family Services, Dono	300-373-4330, Of Call 1-000-720-3043
Other resources are listed in the phone book ye	ellow pages under Adoption.
Other resources are listed in the phone book ye	ellow pages under Adoption.
, ,	ellow pages under Adoption.
Childbirth Education	
Childbirth Education Jefferson County Health Department	360-385-9400 or 1-800-831-2678 ext. 400
Childbirth Education Jefferson County Health Department	360-385-9400 or 1-800-831-2678 ext. 400 C; childbirth education classes teach basic
Childbirth Education Jefferson County Health Department	360-385-9400 or 1-800-831-2678 ext. 400 C; childbirth education classes teach basic
Childbirth Education Jefferson County Health Department	360-385-9400 or 1-800-831-2678 ext. 400 C; childbirth education classes teach basic class times
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Offender services, juvenile justice issues. Staff trained to work with youth and parents

in crisis, in trouble or in need.

Rape, Sexual Assault & Sexual Abuse

Rape & Sexual Assault

Rape is any forced sexual touch. If a person forces you to have sex, or sexual contact when you clearly say or show that you do not want to, it is rape. It does not matter if the person who rapes you is a stranger or a friend. The perpetrator can be anyone—a neighbor, a date, an acquaintance, someone you don't know, or even a relative. If you are raped—get help fast. Don't wash up or change clothes.



RAPE IS A CRIME. RAPE IS NEVER THE VICTIM'S FAULT.

Date Rape

The best defense is your own instincts. *If you get a strange feeling about a person or situation, get to a safe place as soon as possible*. When dating someone new, it's best to go out in a group the first few times. Paying half the cost of the date will prevent the idea that you "owe" something. Dating is not a business deal.

Other things you can do to increase your safety:

- Do not walk alone at night or in deserted areas.
- Use the "buddy" system, whenever you can.
- Walk on a well lit route whenever possible.
- Remain aware of your surroundings. Notice businesses or public places where you could go for help.
- · Scream for help if the situation looks dangerous.
- If you are assaulted, do whatever you have to do to stay alive.

Sexual Abuse

You may be a victim of sexual abuse if:

- someone is touching you in a place or way that makes you feel uncomfortable or embarrassed.
- someone is forcing you to touch them inappropriately.
- · someone is coercing, intimidating or forcing you to have sex.

Emotional, Physical & Sexual Abuse and Neglect

Abuse and neglect include acts that hurt your body, mind and/or emotional functioning, or pose a danger to your welfare. Examples are burns, broken bones, hitting, isolation and failure to provide adequate food, clothing or shelter. These can happen within or outside of a family. If you are being abused, it's important to get help and support. **NO ONE** ever deserves to be sexually abused. Sexual abuse is **NEVER** your fault. **Confidential information and services are available.**

[&]quot;Someone" could be a family member, relative, friend, or someone else.

Emergency Contraception	hours after nty Health send, next to s-NOT-2-LATE pills -2678 ext. 400 rth control;
Also see Domestic Violence, Dating Violence & Relationship Abuse Section	
Recreation, Leisure & Sports Prog	ırams
Developing personal interests, making friends and getting en exercise are important to mental and physical health. Organi and physical activities are a fun way to relax, develop new streaming friendships with people who like to do the same thing. Check with your school counselor to find out about clubs, spactivities at school. The following is not a complete list of every contractive or the same than the same things.	nough ized creative kills and make s.
available in the county, but it can help get you connected and give you some	
ideas to follow-up on.	
NOTE: \$ indicates fees may be charged.	
Arts & Crafts	
\$ Centrum Arts & Creative Education	360-385-6544 360-385-2221 360-385-3181 360-385-1360 360-385-2885
Dinding	
Birding Port Townsend Marine Science Center	360-385-5582
Boating	
\$ Coast Guard Auxiliary	360-385-4711
Sea Scouts	360-379-6960
\$ Sound Experience	360-385-3628
Summer Youth Sea Symposium	000-000-0020
Camping / Hiking / Wilderness	
\$ Dosewallips State Park, Brinnon	360-796-4415
\$ Fort Flagler State Park, Nordland360-385-1259 or	360-385-3701
\$ Fort Worden State Park, Port Townsend	360-344-4400

\$ Jefferson County Parks.......360-385-9129 or 1-800-831-2678 ext. 129

Camping & recreational opportunities in Jefferson County

\$ Marine Science Center \$ Old Fort Townsend State Park \$ Port Townsend City Recreation	. 360-385-3595 . 360-385-5622
\$ Quilcene Ranger Station, Quilcene	
Wild Olympic Salmon	. 360-385-9329
Church Activities for Youth	
Calvary Chapel (Ministry to pre-school through high school)	
Emmanuel Fellowship	360-385-7132
First Presbyterian (Vacation Bible School K-6 th grade)	360-385-2525
New Life Assembly of God (Ministry for children and teens)	
San Juan Baptist Church (Ministry to children and teens)	
Seventh Day Adventist (Ministry to pre-teens and teens)	
St. Mary's Star of the Sea (Ministry to children and teens)	. 360-385-3700
St. Paul's Episcopal	
Tri City Baptist Church (Ministry to children and teens)	. 360-385-6962
Trinity United Methodist (Ministry to children 4-12 years old)	. 360-385-0484
Computers	
Jefferson County Library	360-385-6544
Catalog of computer classes	. 000 000 0044
Peninsula College, Port Townsend Branch	360-385-4605
\$ Peninsula College, Port Angeles Main Campus	
Port Townsend Library	
\$ WSU Community Learning Center	
Scholarships available	
The state of the s	
<u>Dance</u>	
Dance African Drumming & Dancing, All welcome. Monday, 7:30 p.m. at the Pa	
Dance African Drumming & Dancing, All welcome. Monday, 7:30 p.m. at the Pa Ling-hui O'Conner	. 360-379-0282
Dance \$ African Drumming & Dancing, All welcome. Monday, 7:30 p.m. at the Pa \$ Ling-hui O'Conner \$ Moving Arts Studio	. 360-379-0282 . 360-385-6267
Dance \$ African Drumming & Dancing, All welcome. Monday, 7:30 p.m. at the Pa \$ Ling-hui O'Conner\$ \$ Moving Arts Studio\$ \$ Port Hadlock Academy of Dance	. 360-379-0282 . 360-385-6267 . 360-379-8167
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Dance \$ African Drumming & Dancing, All welcome. Monday, 7:30 p.m. at the Pa \$ Ling-hui O'Conner	360-379-0282 360-385-6267 360-379-8167 360-379-4951 360-385-1457 360-385-3036 360-385-6240 360-385-7662
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Dance \$ African Drumming & Dancing, All welcome. Monday, 7:30 p.m. at the Pa \$ Ling-hui O'Conner	360-379-0282 360-385-6267 360-379-8167 360-379-4951 360-385-3036 360-385-6240 360-385-66240 360-385-6670 360-385-6470 360-301-4658 360-379-9711
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<u>ibraries</u>	
efferson County Library	360-385-6544
Educational programs, opportunities & individualized learning for all age	S.
ort Townsend Library	
Educational programs, opportunities & individualized learning for all age	S.
lovie Theaters	
The Rose Theater	360-385-1089
The Uptown Theater	
Wheel in Motor Movie	360-385-0859
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lusic	6 1
African Drumming & Dancing	a 11.
Monday, 7:30 p.m., the Palindrome, 1891 S. Jacob Miller Rd., Port Town	nsend
Centrum	
ort Townsend Library Children's Choir	
Right-of Way Youth Enrichment Program	360-385-2885
Violin & Viola Club (The Music Studio)	
,	
light Life	
slano Club	260 205 7000
12-step meetings, friendship	360-365-7096
Soiler Room	360-379-8247
More than just a coffee house. All ages welcome. 1025 Lawrence, Port	
Gallery Walk Port Townsend	70111100114
1st Saturday of every month, Port Townsend	
ladlock Teen Center	360-379-8840
81 Chimacum Rd., Port Hadlock; pool, foosball, ping-pong, basketball, &	
σ το στο στο στο στο στο στο στο στο στο	
reschool Story Time	
ort Townsend Library	260 205 2101
efferson County Library	
enerson county Library	300-303-0344
Recreation	
Soiler Room	360-379-8247
More than just a coffee house. All ages welcome. 1025 Lawrence, Port	
Port Townsend Recreation	
Arts, crafts and sports programs offered through Port Townsend Schools	s. See
Summer Camps. efferson County Recreation Center	260 205 2224
Lawrence & Tyler, Uptown Port Townsend, pool, ping-pong, foosball, op	
ladlock Teen Center	
81 Chimacum Rd., Port Hadlock; pool, foosball, ping-pong, basketball, 8	
Quilcene Community Center	360-765-3321
MCA, Port Angeles	
, 	
kateboard Park	
Monroe St. near the east end of Water Street, downtown Port Townsend	

Summer Camps

low income youth, 20 openings first come, first serve); Summer Swim Bus Camp boys & airls 7-12. July overnight& day camps Summer enrichment camps, June and July Quilcene after-school & summer day camp programs. Stage & Theater \$ Port Townsend Children's Theatre & School for Young Actors 360-379-1068 Swimming Swim teams, lessons, training, open swim. Writing \$ Centrum Art & Crafts Education.......360-385-3102 or 1-800-733-3608 Youth Development World Rhythms Program (classes, workshops, youth & teen rhythm ensemble) Youth Sports Other Opportunities More than just a coffee house. All ages welcome. 1025 Lawrence. Port Townsend \$ Centrum Arts & Creative Education......360-385-3102 or 1-800-733-3608 Offers different programs for youths & adults throughout the Summer \$ Olympic Game Farm, Sequim1-800-778-4295

Port Townsend Library	. 360-385-3181
\$ Port Townsend Recreation	. 360-385-5622
\$ Sea Explorers	. 360-379-6960
\$ Search & Rescue	. 360-385-3831
Brinnon Fire Dept.	. 360-796-4450
Hadlock Teen Center	. 360-379-8840
81 Chimacum Rd., Port Hadlock. Pool, foosball, ping-pong, basketball,	& more
Young Life	

Runaway, Homeless & Street Youth

Running away from home, even to a friend's house, usually causes more problems than it solves. It can be very dangerous.

However, if you feel you are not safe in your home, you MUST get help, either from a caring adult, such as a school counselor or minister, or by calling one of the numbers below. If you are thinking of running away from home for any reason, please contact one of these people BEFORE you run away from home. They can tell you about the new laws on runaways and truancy (skipping school), as well as help you decide what you can do about your situation.

If you have already run away or are living on the streets, the places below can help.

Resources

Drop in center for homeless youth; provides free meals, activities, health care access, referrals to emergency shelters; 10th & Virginia, downtown Seattle

Sexual Orientation 💢

The world can be a confusing place for a teenager. Your body is changing more than it will at any other time and your hormones, hard at work changing your body, can be playing around with your moods. You may feel great one day and miserable the next, for no clear reason.

The rules are changing. You're expected to act more and more like an adult. You may have new adult responsibilities, like volunteer work or a part-time job, but you might not be given adult rights, like coming home at whatever time you want. You're becoming more independent; your relationship with your parents is changing. That's not easy for either of you. And all of a sudden, sex might feel like the most important thing in the world.

If you're a gay, lesbian, or bisexual teenager—or if you think you might be—or wonder if you are—it's even more confusing, because probably no one ever prepared you for that. Your parents and relatives probably never talked about having same-sex crushes or falling in love with or marrying a person of the same sex.

TV, movies, and magazines all mostly show men with women. The music you hear is about falling in love with the opposite sex. If you're a guy, your friends are probably talking about girls, and if you're a girl, they're talking about guys. All of that makes things hard if you're gay, because you don't have much that relates to *you*.

Being gay, lesbian, or bisexual is a normal and healthy way to be. It's
one more part of who you are - like being tall or short, or black or white
or Asian or Latino. It takes time to know who you are. You might feel
confused, or unsure whether you're gay or straight. It's okay to take
your time finding out. There's no need to rush.



You're not alone. There are tens of thousands of other teenagers, all thinking they're gay or wondering if they're gay, all wondering if they're the only one, all trying to find someone to talk to about it. Hundreds of thousands more, however, have already traveled that road.

One of them or another helpful person will be on the other end of the line if you call any of the numbers at the end of this section. They are people with whom you can talk openly, compare notes, and ask advice.

Adapted from: http://www.pflag.org/store/resource/BEYOU.html

What's Up? Information for Adults Who Care About Teens 1/2

"Sticks and stones can break my bones and names really, really hurt."...Molly

What's it all about?



One of the passages of adolescence is the development and understanding of sexuality. This includes understanding one's body, one's gender identity, sexual orientation, and one's values about sexual activity. During adolescence, many teens begin to explore their sexuality and become sexually active.

For all teens, this is a challenging transition. But for teens who are questioning their sexual orientation, or who identify as being gay, lesbian, bisexual or transgender, this can be a very lonely, difficult and threatening transition. It can also be a difficult time for parents, who may have fears and questions of their own. It is crucial for teens to get support and understanding from their peers, parents and other adults when they have questions about sexual orientation.

What You Can Do

If you are a parent who thinks your son or daughter is dealing with issues about their sexual orientation, there are groups and resources that can help, such as PFLAG (Parents, Families and Friends of Lesbians and Gays). PFLAG offers parents tips on how to talk to teens about sexual orientation, how to support teens, and how to support yourself.

Find out about peer support groups for gay, lesbian, bisexual and transgender teens, that are facilitated by trained adults. These groups can help teens cope with isolation and fears and help prevent high-risk behaviors.



Make sure the schools in your area enforce policies to protect all students from verbal and physical harassment and abuse by other students and staff.

Local Resources

P-FLAG, Parents, Friends and Families of Gays & Lesbians	360-385-0942
Gay/Lesbian/Bisexual/Transgender/Questioning/Queer Resources	
Gay and Lesbian National Hotline	1-888-843-4564
Gay City Health, Seattle	206-860-6969
HIV prevention by and for gay and bisexual men	
Lambert House, Seattle	206-322-2515
Activity center for queer & questioning youth; www.lamberthouse.o	rg

r Listening Line1-800-399-PEER Peer listening line for gay, lesbian, bisexual, transgender and questioning youth	uth` ´
e Schools Coalition of Washington1-888-30	
newall Youth, Olympia	705-2738
Outreach projects in Lewis, Mason and Grays Harbor counties vor Helpline1-800-85	850-8078
24 hour toll-free hotline for gay, lesbian, bisexual, transgender and questioning y staffed by trained counselors; offers a chance to talk and find local resources.	ng youth;
ual Minorities Hot Links 🕏	
and Lesbian National Hotlinewww.gl	
nder Identity Centerwww.transgender.org	org/tg/gic
Proudwww.outpro	roud.org
ents and Friends of Lesbians and Gayswww.pfl	
e Schools Coalition of Washingtonwww.safeschools-\ newall Youth—Olympiawww.stonewallyout	
vor Helplinewww.thetrevorprojec	
Sexually Transmitted Diseases (STDs)	
cually Transmitted Diseases (STDs) include chlamydia, gonorrhea, hepatitis, synomoniasis, herpes, genital warts and several others.	syphilis,
ABSTINENCE IS THE ONLY 100% EFFECTIVE WAY TO PREVENT STDS.	S.
ou choose to be sexually active, use a latex or polyurethane condom or other barriex or polyurethane condoms and barriers help to protect both partners from the spafection. Remember that condoms are not always 100% effective. See your help provider to learn how to keep yourself safe.	spread
one who has sexual contact with someone who has a sexually transmitted diseas a sexually transmitted disease. Some common symptoms include:	ease can
nusual discharge from the penis or vagina	
ainful or uncomfortable urination	
ores or rashes of many kinds, some of which do not hurt or itch	
umps or bumps on genitals	
ple can be infected with a sexually transmitted disease but may not feel sic	
w symptoms. However, they can still infect others. Most STDs can be treated. B	
disease is not treated, it can cause permanent damage to your body. While there e for herpes, there are treatments that can help. If you think you may be infected	
clinic right away to find out for sure.	,.eu, go

Jefferson County Health Department......360-385-9400 or 1-800-831-2678 ext. 400

CONFIDENTIAL INFORMATION AND SERVICES. PARENTAL CONSENT IS NOT NEEDED FOR STD TESTING AND TREATMENT.

Monday - Friday, 9:00 a.m. to 4:30 p.m. 615 Sheridan, Port Townsend, next to QFC. Confidential information and services. Testing and counseling for sexually transmitted diseases, pregnancy and HIV/AIDS, emergency contraception, birth control and other services.

South County Medical Clinic, Quilcene	360-765-3111
Family practice, children and adults	
Sex Information Line	1-888-307-9275

Suicide Prevention & Intervention Counseling



If you are thinking about hurting or killing yourself, talk to someone. Reach out to a family member, school counselor, trusted adult or friend. It is important to get help right away. YOU ARE NOT ALONE. There are many caring people who will help.

If a friend tells you they are thinking of hurting or killing themselves, you may be put in an especially difficult position if you have been asked not to tell anyone. It is important to get help right away. You can help your friend by:

- being a good listener
- · encouraging your friend to see a counselor
- · telling an adult you trust

Listen to your gut – even if you just think a friend needs help, get help right away.

Warning Signs

Rarely does a person commit suicide without giving clues to others. Warning signs include:

- . Current plan and access to carry it out
- Prior history of suicide attempts
- · Lack of resources and support
- Decrease or increase in sleep
- Decrease or increase in appetite
- · Withdrawal from family or friends
- Resignations from clubs or organizationsIncrease or beginning of alcohol or drug use
- Valued possessions given away
- · Apathy-doesn't seem to care about anything at all
- Suddenly happy after a long period of depression--this sometimes means that the person has made the decision to commit suicide

Quick Responses & Hotlines

24 hour toll-free hotline for gay, lesbian, bisexual, transgender and questioning youth; staffed by trained counselors; offers a chance to talk and find local resources. www.thetrevorproject.com

TV and Media Violence 🏠



Children get daily doses of violent images and messages from television, movies, video and computer games, newspapers and magazines, music, and on-line computer services. On television alone, the American Medical

Association reports that the average American child sees 8,000 murders and 100,000 acts of violence before graduating from elementary school.

The impact of media violence is disturbing. Children and youth become desensitized to the pain and suffering of others, are more fearful of the world around them, are more likely to view violence as an effective way to resolve conflict, and are more likely to behave in aggressive and harmful ways toward others. The US News and World Report cited from a national survey that 80% of the American public sees a relationship between violence in television programming and the amount of violence in society. Parents are paying closer attention and are monitoring the various forms of media their children are exposed to.

Tips for Dealing with Media Violence

- Establish family guidelines for selecting TV programs, movies, magazines, music, video and computer games, and on-line computer services.
- Limit your children's TV viewing and playtime on video and computer games to no more than 2 hours a day.
- Keep the television and computer in a family room where you'll be able to monitor what is being watched or played and for how long.
- At the beginning of each week, select age-appropriate programs and videos with your children.
- Purchase and use a television lockout device that blocks adult programming.

Family Activities for TV Viewing

- Play "Real or Make Believe"-ask children whether a TV character is made up or real life
- Resensitize your children to TV violence by asking how the victim might feel or how they
 would feel if the violent act happened to them or someone they cared about.
- Ask older children if they think any TV characters are being stereotyped because of their age, gender, race, religion, or culture.
- Watch news with your children. Ask how they feel about the violence they see.
- Talk to your children about the violence they see in movies and TV programs. Tell them
 that in real life, violent acts injure or kill people. Ask them how their favorite characters
 in programs or movies could solve conflicts without using violence.
- Before signing up with a commercial on-line computer service, find out what parental controls it offers.
- Set rules and guidelines for your children's computer use. Monitor their hours on line.
- Tell your children never to respond to on-line computer messages that are threatening
 or make them feel uncomfortable. Never give out email addresses. Technology
 advances allow chat room users to trace email addresses. Instruct children to shut off
 the computer.
- Provide alternatives to television and video viewing and computer or video game playing. Encourage your children to develop hobbies, play sports, or get involved in community activities.

Take Charge Program

If you're not ready to be pregnant, you may qualify for FREE birth control services. Jefferson County Health Department clinics participate in the *Take Charge* program. For the location closest to you, call 1-800-770-4334 or go to maa.dshs.wa.gov/familyplan

To qualify, you must:

- Have income at or below 200% of the Federal Poverty level. For example: \$17.184 for a single person and \$35.304 a year for a family of four.
- Be a U.S. citizen or have a green card
- Be a resident of Washington State

FREE family planning services include:

· An annual exam, if needed;



- · Family planning education and risk reduction counseling;
- All birth control methods approved by FDA (this includes birth control pills, Depo-Provera, Lunelle, IUDs, diaphragms and emergency contraception);
- Non-prescription products like male and female condoms, contraceptive gels, foam, film, cream and suppositories;
- sterilization vasectomy and tubal ligation; and
- other services related to family planning, including many lab tests, medications and antibiotics

If you qualify, you pay nothing for birth control methods and family planning services covered under the *Take Charge* program for each year that you qualify. Each visit must be for family planning services. Fees may apply for visits that are not for family planning.

Resources

Jefferson County Health Department.......360-385-9400 or 1-800-831-2678 ext. 400

Monday - Friday, 9:00 a.m. to 4:30 p.m., 615 Sheridan, Port Townsend, next to QFC.

Confidential information and services.

Quilcene Health Dept. Clinic360-385-9400 or 1-800-831-2678 ext. 400

Talking To Your Kids About Anything

10 Tips for Talking with Kids About Tough Issues

Introduction

Raising a child is probably the most gratifying job any of us will ever have -- and one of the toughest. In large part, that's because times have changed. Our world challenges us everyday with a wide range of disturbing issues that are difficult for children to understand and for adults to explain.

Below are 10 practical, concrete tips and techniques for talking easily and openly with young children ages 8 to 12 about some very tough issues: sex, HIV/AIDS, violence, drugs and alcohol.



Some parents and caregivers may question the appropriateness of talking about such sensitive topics with young children. But consider this: our kids are already hearing about these issues from TV, movies, magazines and friends. If we don't talk with them early and often, they'll get their facts from someone else. And we'll have missed an important opportunity to offer our children information that's not only accurate, but also in sync

with our own personal values and moral principles.

1. Start Early

Kids are hearing about and are forced to cope with tough issues at increasingly early ages, often before they are ready to understand all aspects of these complicated ideas. When young children want information, advice and guidance, they turn to their parents first. Once they reach the teenage years, they tend to depend more on friends, the media and other outsiders for information. As a parent, you have a wonderful opportunity to talk with your child about these issues first, before anyone else can confuse them with incorrect information or explanations that lack the sense of values you want to instill. Take advantage of this "window of opportunity" with young children and talk with them earlier and more often, particularly about tough issues like sex, HIV/AIDS, violence, alcohol and drugs.



2. Initiate Conversations with Your Child

It's perfectly okay -- at times even necessary -- to begin conversations with our children. TV and other media are great tools for this. Say, for instance, that you and your 12-year-old are watching TV together and the program's plot includes a teenage pregnancy. After the show is over, ask your child what they thought of the program. Did they agree with how the teenagers behaved? Just one or two questions could help start a valuable discussion that comes from everyday circumstances and events.

3. ... Even about Sex and Relationships

If you feel uncomfortable talking about sensitive subjects -- particularly sex and relationships -- with your young child, you're not alone. Many parents feel awkward and uneasy, especially if they are anxious about the subject. But, for your child's sake, try to overcome your nervousness and bring up the issues.

4. Create an Open Environment

Our kids will look to us for answers only if they feel we will be open to their questions. It's up to us to create the kind of atmosphere in which our children can ask any questions -- on any subject -- freely and without fear of consequence.

No matter how busy you are respond with something like, "That's an interesting question, but I'm not sure. Let's go look it up."

You don't need to answer all of your children's questions immediately. If your 10-year-old asks, "Mom, what's a condom?" while you're negotiating a tricky turn in rush-hour traffic, it's perfectly okay for you to say something like.

"That's an important question. But with all this traffic, I can't explain right now. Let's talk later, after dinner." And make sure you do.

5. Communicate Your Values

As a parent, you have a wonderful opportunity to be the first person to talk with your child about tough issues like drugs and violence and include the sense of values and moral principles you want to instill. Likewise, when talking with your child about sex, remember to talk about more than "the birds and the bees," and communicate your values.

6. Listen to Your Child

Listening carefully to our children builds self-esteem by letting our youngsters know that they're important to us.

Listening carefully also helps us better understand what our children really want to know as



well as what they already understand. For example, suppose your child asks you what crack is. Before you answer, ask them what they thinks it is. If they say, "I think it's something you eat that makes you act funny," then you have a sense of their level of understanding and can adjust your explanations to fit.

7. Try to be Honest

Children deserve honest answers and explanations. It's what strengthens our children's ability to trust. Kids make up their own fantasy explanations when we don't provide a straightforward answer. While we may not want or need to share all the details of a particular situation or issue with our children, try not to leave any big gaps. Children tend to fill in the blanks themselves, which can generate a good deal of confusion and concern.

8. Be Patient

Often it can feel like forever before a youngster gets his story out. As adults, we're tempted to finish the child's sentence, filling in words and phrases in an effort to hear the point sooner. Try to resist this impulse. By listening patiently, we allow our children to think at their own pace and we are letting them know that they are worthy of our time.

9. Use Everyday Opportunities to Talk



It's important to try to talk with your kids about tough issues often, but there isn't always time in the day to sit down for a long talk. Also, kids tend to resist formal discussions about today's toughest issues, often

categorizing them as just another lecture from mom and dad. But if we use "talk opportunities", moments that arise in everyday life, as occasions for discussion, our children will be a lot less likely to tune us out. A newspaper item about a child expelled from school for carrying a gun to class can help you start a discussion on guns and violence. A public service TV commercial can give you an opportunity to talk about AIDS.

10. Talk About it Again and Again

Since most young children can only take in small bits of information at any one time, they won't learn all they need to know about a particular topic from a single discussion. That's why it's important to let a little time pass, then ask the child to tell you what they remember about your conversation. This will help you correct any misconceptions and fill in missing facts.

Finally, children often ask questions again and again over time -- which can test any parent's nerves. Patience and persistence will serve you and your child well.

Adapted from: http://www.talkingwithkids.org/

Tattoos and Body Piercing 🏂

Getting tattoos and body piercing are popular among young people—but they aren't without risk. Make good choices and protect yourself from hepatitis, HIV and other infections.

If you are thinking about getting a tattoo or body piercing consider these things. How will it look? What will your family think? Will you want to live with it the rest of your life? These tips can help you stay healthy and safe.

- Recognize the risks—an unsterilized needle can lead to serious infections like hepatitis B & C and HIV
- · Use only a professional tattooist or piercer
- . Make sure that the tattooist or piercer sterilizes all equipment
- · The tattooist or piercer should use a new, disposable needle for each customer
- · Tattoo inks should not be shared or reused
- . Alcohol and other drugs can make it hard to stay safe

THINK IT OVER. BECAUSE OF THE RISKS, GETTING A TATTOO OR PIERCING IS A BIG DECISION. BEFORE YOU DECIDE, MAKE SURE THAT YOU ARE READY TO TAKE THE STEPS YOU NEED TO PROTECT YOURSELF FROM HEPATITIS, HIV AND OTHER INFECTIONS.

Tobacco 🎊

Nicotine is a powerful, multipurpose drug that is used as both a stimulant and a depressant. It is often a child's first experience with using a mood altering addictive substance. Nicotine is a highly addictive drug with both short and long-term negative health effects.



Health & social consequences of nicotine use include smelly hair, clothes, and smoker's breath, yellow teeth and fingers, more wrinkles, decreased sexual ability, constricted blood vessels.

Tobacco Facts

- Tobacco is as addictive as heroin. Annually tobacco kills four times as many people as all the other drugs, car accidents, suicides, homicides, and AIDS put together.
- The earlier people start smoking, the harder it is to quit when they are older. People who start smoking in their teenage years run the risk of becoming life-long smokers.
- One-third to one-half of young people who try cigarettes go on to be daily smokers.
- Eighty-five percent of teenagers who smoke two or more cigarettes completely, and overcome the initial discomforts of smoking, will become regular smokers.
- It takes an average of five attempts for an adult to successfully guit smoking.

Nicotine addiction is "the most wide according to the U.S. Public Health	spread example of drug dependence in our country" Service.
62	2001/2002 Laffangan County Vault Valley Bages

- 26.5 billion packs of cigarettes are sold in the United States every year. That's 840 packs per second.
- Companies that manufacture cigarettes reported after tax profits of 7.2 billion in 1989.
- The RJR Nabisco "Camel Joe" cartoon campaign is easily recognized by children as young as three years of age. The Joe Camel campaign increased illegal sales of Camels to minors from \$6 million in 1988 to an estimated \$476 million in 1991.

Youth Access to Tobacco

Youth obtain tobacco products from the following sources: Over-the-counter sales by retail merchants, parents, older brothers and sisters, friends; shoplifting, free samples of tobacco products (from handouts in public places/events, and coupons redeemed by retailers and the mail by tobacco companies.)

Spit Tobacco (Chew)

The tobacco industry wants people to think that chew is a safe alternative to smoking. **WRONG!**

The only alternative it offers is oral cancer rather than lung cancer. Spit tobacco is disgusting. It won't make you a baseball player or help you fulfill any of your dreams. If someone put dog poop in a Skoal tin it would be hard to tell the difference. The only difference is that Skoal will kill you and dog poop won't.

- Sean Marsee, a high school track star and habitual user of snuff died of oral cancer at the age of 19.
- Chewing tobacco and snuff can permanently stain teeth an ugly yellowish-brown color. It
 wears off the enamel and causes bad breath.
- After using chewing tobacco or snuff for a few weeks, the user's lips and gums can begin
 to crack, bleed, wrinkle, and develop sores and white spots.
- The average age of first use is 10 years old and regular use is 12 years old.

Cadmium (used in car batteries)
Lead (as in lead poison)
Vicotine (more addictive than crack cocaine)
Formaldehyde (put in dead bodies)

Uranium 235 (used in nuclear weapons)
Nicotine (more addictive than crack cocaine)

Youth & Tobacco Advertising

"We don't smoke this crap, we just sell it.

We reserve the right to smoke for the young, the Black, the stupid and the poor."

-Tobacco industry Executive

Tobacco ads aren't aimed at grandma. Camel cash, the Marlboro Adventure Team, and Virginia Superslims are all designed to attract youth. The tobacco industry thinks youth are stupid. They manipulate and play with your minds so they can get richer.

Tobacco advertising is different than ads for any other product because tobacco kills when used as directed. The tobacco industry deceitfully designs advertising to appeal to youth. Their false and misleading advertising makes youth think that many more people use tobacco than really do. They try to make youth think that tobacco use is going to make them sexy, beautiful, handsome, popular and athletic. The only traits tobacco should be linked with are sickness, disease and death. The only honest advertisement would be to show how rich the tobacco companies get when someone buys their products. The tobacco industry is made up of rich men who wear suits and want to manipulate and control youth with their ads and addictive drugs for their own pleasure, not yours.

- The tobacco industry spent 4.65 billion dollars in 1991 the equivalent of 12 million dollars every day, or \$500,000 an hour to advertise and promote cigarettes.
- Cigarette advertisements emphasize being cool, independent, sexually attractive, skinny and fit. This type of advertising appeals to teenagers and young adults struggling with these issues.

- About 85% of adolescent smokers prefer Marlboro, Newport, or Camel, the three most heavily advertised brands.
- Six year olds recognize "Old Joe Camel" as readily as they recognize Mickey Mouse.

Local Resources

Jefferson County Tobacco Prevention & Control Program
Jefferson County Schools Tobacco Prevention Program Coordinator 360-385-5132
School Cessation Programsask your school counselor
Washington State Tobacco Quitline1-877-270-STOP or 1-877-270-7867

Tobacco Hot Links (\$)

American Legacy Foundation	
American Cancer Society	www.cancer.org
American Heart Association	www.americanheart.org
American Lung Association	www.lungusa.org
Americans for Nonsmokers' Rights	
ASH (Action on Smoking and Health)	
Center for Substance Abuse Preventionwww	
Centers for Disease Control and Prevention	
EPA (Environmental Protection Agency)	
FDA (Food and Drug Administration) . www.fda.g	
National Center for Tobacco-Free Kids	
National Clearinghouse for Alcohol & Drug Info	
Outrage Avenue	
Smoke Free Education Services	
	•
Stop Teenage Addiction to Tobacco (STAT)	
Teen Health & the Media	
The Truth www	
WA State Department of Health	
Washington DOC (Doctors Ought to Care)	www.kickbutt.org
youthtobacco.com	www.youthtobacco.com

Cessation

I quit Online	www.wholetruth.com/asp/truth/intro.htm
Quitline.com	www.quitline.com
Quitnet	www.quitnet.org/qn main.jtm
	www.thriveonline.oxygen.com/medical/smoking/7 myths/
Online Smoking cessation	resources for youthwww.stop-tabac.ch/en/welcome.html

Transportation

Jefferson '	Transit		 	 	 	 	3	60-385	5-477	7
Paratransi	t Service	es	 	 	 	 	1-8	00-756	6-543	8

Arranges transportation and free bus passes to eligible Medicaid clients for medical appointments

Tutoring

Tutors provide individual instruction and help with reading, math, science and other subjects. Your school counselor can help you find a tutor, or you can call one of the following organizations who will match you with someone who can help.



Boiler Room	360-379-8247
Chimacum School District	360-385-3922
Jefferson County Literacy Council	360-385-2715

To become a tutor or to receive services

Volunteer & Service Learning

Opportunities for Teens

Many schools have service learning and volunteer opportunities that help you make new friends and develop personal skills and interests. The following organizations also offer ways to get involved in your community and feel good about yourself by helping people in need.

Programs

American Red Cross	360-385-2737
Opportunities include disaster action team training. Must have driver's li	cense
Boiler Room	360-379-8247
Centrum	-800-733-3608
Community Oriented Policing Advisory Board (COPAB)	360-385-3000
Fire Departmentssee the Fire Dept. in the white pages of you	r phone book
Haunted House, Port Townsend	360-385-3741
Jefferson County Library, Port Townsend	360-385-6544
Jefferson County Recreation	360-385-2221
Jefferson County Historical Society	
Kinetic Sculpture Race, Port Townsend	360-385-3741
Marine Science Center, Port Townsend	
Olympic Music Festival, Quilcene	360-732-4000
Port Townsend Library	360-385-3181
Port Townsend Recreation	360-385-5622
Wooden Boat Foundation Port Townsend	360-385-3628
WSU Jefferson County Youth Development Program	360-379-5610
Service Learning	
Key Club, Port Townsend High School	360-379-4520
Tutoring and community service projects sponsored by Port Townsend	
enrollment open to high school age students	Awaiiis Ciub,
Builder's Club, Blue Heron Middle School	360-379-4540
Community service projects sponsored by the Port Townsend Kiwanis C	
enrollment open to middle school age students	iuu,
emoniment open to middle school age students	



Quick Reference Phone Numbers 🎉

Emergency	911
Health & Safety Resources	
Basic Health Insurance for Low Income1-800-562-3022 or	360-385-9400
Children & Family Services	360-379-4330
DSHS (Department of Social & Health Services)	360-379-4300
Domestic Violence/Sexual Assault Program	360-385-5291
Emergency Contraception Hotline1-888-NOT-2-LATE/1-	888-668-2528
Emergency Contraception1-800-831-2678 ext. 400 or	360-385-9400
Family Reconciliation Services	
First Steps	360-379-4300
Free Store	360-385-4057
Jefferson County Health Dept1-800-831-2678 ext. 400 or	
Birth control, developmental disabilities, emergency contraception, family p	
counseling & testing, immunizations, maternal child health, syringe exchar	
testing & treatment, substance abuse prevention, tobacco prevention & co	
Jefferson County Sheriff	
Jefferson General Hospital	360-385-2200
Jefferson Mental Health	360-385-0321
Juvenile & Family Services1-800-831-2678 ext. 190 or	
Jefferson Recovery Center	
Olympic Community Action Program1-800-464-2571 or	360-385-2571
Community Jobs/Welfare to Work/TANF, emergency shelter, energy assis	tance,
emergency food, food banks, Headstart/EACAP, health/dental care access	s, housing
Quilcene Health Dept. Clinic1-800-831-2678 ext. 400 or	360-385-9400
Safe Harbor Recovery	360-385-3866
South County Medical Clinic, Quilcene	360-765-3111
Washington State Tobacco Quitline1-877-270-6786 or 1-8	77-270-STOP
Other Resources	
Boiler Room	
Boiler Room	360-385-3102
Boiler Room Centrum 1-800-733-3608 or Hadlock Teen Center	360-385-3102 360-379-8840
Boiler Room Centrum 1-800-733-3608 or Hadlock Teen Center Jefferson County Library	360-385-3102 360-379-8840 360-385-6544
Boiler Room Centrum 1-800-733-3608 or Hadlock Teen Center Jefferson County Library Jefferson County Recreation	360-385-3102 360-379-8840 360-385-6544 360-385-2221
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Boiler Room Centrum 1-800-733-3608 or Hadlock Teen Center Jefferson County Library Jefferson County Recreation Port Townsend Library	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321
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Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610
Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610
Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610 360-796-4646 360-385-3922
Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610 360-796-4646 360-385-3922 360-344-3270
Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610 360-796-4646 360-385-3922 360-344-3270 360-732-4471
Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610 360-796-4646 360-385-3922 360-344-3270 360-732-4471 360-732-4219
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Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610 360-796-4646 360-385-3922 360-344-3270 360-732-4471 360-732-4481 360-478-7100
Boiler Room Centrum	360-385-3102 360-379-8840 360-385-6544 360-385-2221 360-385-3181 360-765-3321 60-385-POOL 360-379-5610 360-796-4646 360-385-3922 360-344-3270 360-732-4471 360-732-4481 360-478-7100 360-765-3363
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How To REALLY Love A Child

Be there. Say Yes as often as possible. Let them Bang on pots and pans. If they're crabby, put them in water. If they're unlovable, love yourself. Realize how important it is to be a child. Go to a movie theatre in your pajamas. Read books out loud with Joy. Invent pleasures together. Remember how really small they are. Giggle A lot. Surprise them. Say No when necessary. Teach Feelings. Heal your own inner child. Learn about parenting. Hug trees together. Make loving safe. Bake a cake and eat it with no hands. Go find elephants and kiss them. Plan to build a rocketship. Imagine yourself magic. Make lots of forts with Blankets. Let your angel Fly. Reveal your own dreams. Search out the positive. Keep the gleam in your eye. Mail letters to God. Encourage silly. Plant licorice in your garden. Open up. Stop yelling. Express your love. A lot. Speak kindly. Paint their tennis shoes. Handle with caring. Children are miraculous.

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